



PERSEVERANCE

REFUSING TO GIVE UP WHEN LIFE GETS HARD

WEEK
THREE

K-5TH GRADE

READ ROMANS 6:14

DAY 1

Read this tongue twister quickly over and over again as many times as you can.

I THOUGHT A THOUGHT, BUT THE THOUGHT I THOUGHT WASN'T THE THOUGHT I THOUGHT I THOUGHT. IF THE THOUGHT I THOUGHT I THOUGHT HAD BEEN THE THOUGHT I THOUGHT, I WOULDN'T HAVE THOUGHT SO MUCH.

Have you ever felt like there was something you did wrong over and over and over again? You knew it was wrong, but you didn't think you had the ability to stop doing it? There's good news! You can be free from whatever that sin is. You are not alone. God can help you. Just trying to be better is only going to get you so far. You've got to ask God for help!

ASK God for help in letting go of whatever is holding you back.

READ HEBREWS 4:15-16

DAY 2

Jesus came to earth and experienced the same temptations to sin that you and I do, but He did not sin! How? Because He is God's Son, and He is perfect. But that also makes Him able to understand our weaknesses and us. He knows what we've been through, and He knows how we can make better choices in the future. He wants to offer us grace, forgiveness and strength. All we need to do is ask!

Write out a prayer to ask God to help you let go of whatever has been holding you back.

"Dear God, please forgive me for _____
_____.

Help me to _____ the next time I am tempted
to _____. In Jesus' name, I pray, amen."

Now read your prayer out loud and know that God will be faithful to answer!

THANK God for sending Jesus to save us.

READ 1 CORINTHIANS 10:13

DAY 3



UNCLE!

Tell your parent that they can tickle you until you can't take it anymore, but as soon as you've had enough, shout "uncle," and they have to stop.

Once you've caught your breath from all the laughter, read 1 Corinthians 10:13. Just like yelling "uncle" was a way out from the tickle attack, God has offered a way out when you are being tempted to do something wrong. All you have to do is call on HIS name. Talk to God and ask Him for help, and He will help you be strong and resist!

ASK God for help whenever you are tempted.

READ 2 CORINTHIANS 5:17

DAY 4

Draw a picture of a caterpillar. Now think about what a caterpillar can do: eat and walk. That's really about it.

But then a cocoon happens. And from the cocoon, a new creation emerges: a butterfly!

Draw a picture of a butterfly. Now think about what a butterfly can do that the caterpillar couldn't: FLY!

When we choose to put our trust in Jesus, He gives us all we need to follow Him and live our lives the way He knows is best for us. When we do that, we will experience a new freedom. We can be free from what is holding us back from living the life God wants us to live!

THANK God for the new freedom you have found in Him.

GOD CAN HELP YOU
LET GO OF WHAT IS
HOLDING YOU BACK.

