



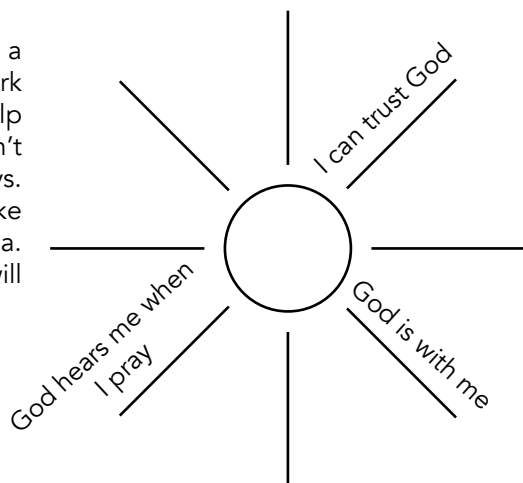
DAY 4

Why is it worth it to keep going?

This week, when you're having a tough time making friends . . . when you're not getting along with your family . . . when you got another "D" on a math test . . . when your team lost—again . . . when the piano is way too hard to play . . . when nothing is going right . . .

Try not to focus on the dark clouds that make you feel like quitting. Instead, when you feel like giving up, stop and remember what's good and what's true about God. What are you thankful for? Use the lines around the sun below to write down some of those things. A few are already filled in to get you started.

Writing a few words around a sunshine won't make your dark clouds disappear, but it can help you look beyond them. God doesn't leave you on dreary, rainy days. He's right there beside you—like a friend handing you an umbrella. He will help you persevere and will give you joy even in the storms.



LIVE
FOR GOD



DAY 1

Check out a story about Paul and Silas in Acts 16:16-40. When you get to verse 25, stop and picture what it would have been like to be one of the other prisoners listening to Paul and Silas sing and pray.

Some of the prisoners probably thought Paul and Silas were crazy. Or, maybe they thought Paul and Silas were the bravest guys on earth and wanted to know the God they loved so much.

After all, who sings and praises their God after being beaten up for talking about Him?

This week, when things don't go the way you'd like, instead of getting cranky and upset, ask God to help you trust Him. Choose joy. You might even try singing a praise song the way Paul and Silas did. It will blow the minds of those around you. It might even make them want to know Jesus the way you do.

PRETEEN

HEAR
FROM GOD

WEEK 2



DAY 2

Let's go back to Isaiah 40:31—the verse about eagles. In case you don't remember, it goes like this:

“But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.” (NirV)

Eagles have incredible strength. A twenty-pound eagle has enough strength in its talons to break the bones in a man's arm just by tightening its grip. If the eagle sets its sights on a small animal, such as a rabbit, then swoops down and grasps it in his claws, it's all over.

The eagle is a good example of strength and power, but God's power is so much greater. He has the power to help you choose joy even on days when you feel like you're caught in an eagle's claws. The strength you need when you feel like giving up comes from God. So “trust in the Lord,” the way Isaiah 40:31 encourages you to do. Talk to God about the things that are a big deal right now. Decide to let His joy fill your heart today!

Fill in the blanks to help you get started on your prayer.

One thing that's a really big deal in your life

Two ways you would like God to share His strength with you

Three ways God has filled you joy in the past few days



PRAY
TO GOD



DAY 3

If every day was perfect and nothing was hard or hurt or made us upset, there'd be no need for perseverance, right? If you've lived more than ten minutes, you know that life has a lot of ups and downs, good days and total bummers. Sometimes the bad days can last for a very long time.

Thankfully, anyone who knows Jesus has a way to plug into the power source of perseverance and get through a tough time with joy. That doesn't mean we suddenly love pain and can't wait to suffer. It just means that we know the difference between happiness and joy.

HAPPINESS = My life is total sunshine and lollipops; everything is going my way.

JOY = I don't like what's happening right now, but I know my God is in control and He's with me no matter what.

Ask a parent or an adult you trust to share what they feel would be the worst thing that could happen in their life. What would they do to persevere through that situation? Maybe that terrible, awful, no-good day actually did happen. How did God help them through it?

Talk together about the impact one person's perseverance can have on another. When we remember that God is in charge and will give us what we need to shine for Him on our darkest day, we show those around us that our faith is real.



TALK
ABOUT GOD