

Grit is refusing to give up when life gets hard.

Read: Philippians 1:6

DAY

1

Grit Test

Find a broomstick, yardstick, mop, or anything long enough to hold above your head. Grab a stopwatch and, using both hands, hold the stick above your head with your elbows locked. Have someone start the stopwatch as soon as your arms are up. See how long you can hold your arms up using grit and prayer to get through this!

ASK God for the grit you need when things get tough.

DAY

2

Hang In There

Draw a picture of the last time you had to do something hard. Was it going down the giant slide, getting on the school bus, or moving to a new house? When finished, think back to that time and look at how far you have come! On your drawing, write: "Hang In There" and hang it somewhere in your room to remind you that you can have grit to do what's tough.

THANK God for helping you hang on.

DAY

3

Don't Give Up!

Look up Philippians 1:6 in your Bible. After reading the verse, talk with whoever is doing this activity with you. Take turns telling about a time God helped you do something hard.

LOOK for God when things get hard.

DAY

4

Gritty Prayers

Talk to God about something hard. Tell God what you need and ask for help to keep your moving forward. You can pray something like this:

Dear God, I pray that you will help me _____
(what you need help with). I know You can do anything, and I need Your help. Please, show me what I should do and give me the grit to get there. Amen.

KNOW that God can always give you what you need.

Hold on because
God is with you.

