

# Grit is refusing to give up when life gets hard.

## DAY 1

### Read Luke 21:19

When you're in the middle of a tough situation that seems as if it will never get better, there is a real comfort in knowing God is always there. Because of Jesus, you have access to relationship with God right now, in the middle of whatever hard thing you're going through. That relationship with God is forever.

So remain strong in your faith. Trust God in the middle of the hard thing. Ask God to help you face it with grit. Hold on because there's a bigger story.

#### A Circle That Never Ends

Grab some duct tape and create a bracelet. (You'll want to fold the tape in half with sticky sides together, so it doesn't stick to your wrist.) Just like this bracelet makes a circle that never ends, remember your relationship with God never ends.

## DAY 2

### Read James 1:12

Have you ever felt like giving up? The difference between the people who keep going and the people who quit is grit! We love to celebrate athletes who win Olympic gold medals or National Championships. They've trained hard and kept going when they probably wanted to give up.

But guess what? This verse isn't talking about shiny medals or championship rings.

James is reminding us that there is hope for our future. God is always working through whatever we go through in life. Knowing that God is with us forever, gives us the confidence we need to face our situations with grit.

#### Crowned

Grab a piece of paper and create a crown. Write out the words of today's verse across the bottom and decorate it any way you choose. This week, when you face tough stuff and you really want to quit doing the right thing, remember to hold on because there's a bigger story.

DAY 3

### Read James 1:2-4

We've all done things and faced consequences that teach us a lesson. Read the verse again, but replace the word "trouble" with temptation and read it again. We're all tempted to something wrong from time to time. It's not the temptation that's bad, it's the way we choose to respond that can get us in real trouble.

So how do you respond?

James gives us some advice. What if we decided that trouble (or the temptation) is an opportunity to trust God more and strengthen our faith? What if we looked at that trouble head on and asked, "Okay, what can I learn from this?"

This week, when you find yourself in a situation where you're facing trouble, stop and ask God to help you. Ask how you can learn from the experience and to help you hold on with grit.



Hold on because  
there's a bigger story.

DAY 4

### Read Psalm 33:11

Do you have a plan for today? Write down your plans in the box. At the end of the day, put a check by all the things that did happen and an "X" through all the things that didn't.

#### MY PLAN FOR TODAY:

Did you know God has a plan? "In the beginning, God created the world. But then, the people God had created decided to turn away from God. Because of this, the world was broken, and sin entered the world.

"God had a good plan all along to fix it, God's own Son, Jesus came to live, die, and come back to life to defeat death and make all things new again!

God has a plan—a firm, steady, dependable, bigger plan. You can trust God's plan for your life too! God loves you and will give you the grit you need to keep going. You can hold on because there's a bigger story.