

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

Read: Philippians 4:13

DAY

1

## You Can Do It



Think of a time when you needed to solve a problem or a problem you might be having now. Maybe it's getting along with a sibling, getting to school on time, or constantly losing your shoes. Take some time and think of ways to solve the problem. What can you do differently to solve the problem?

**KNOW** that with God, you can do anything.

DAY

3

## He Gives You Strength!

Read Philippians 4:13. Make the following motions with the verse:

**I** (point to yourself) **can do all things** (make a circle with your arms) **through Christ** (point to heaven), **who gives me strength** (flex your muscles).

**THANK** God for giving you strength in all things.

DAY

2

## Do Hard Things

Challenge yourself today by doing something hard. You don't have to perfect it but start by practicing! What is something that you have been wanting to do but haven't yet? Is it tying your shoes, walking a mile, or doing ten pushups? Whatever it is, pray that God will help you and give it a go!

**LOOK** for opportunities to do the thing even if it's hard.

DAY

4

## Pray and Walk Away

It is always good to know what to do when things get hard. The best thing you can do is pray and walk away. Here's how it works: first, you see the problem in front of you, then you pray and ask God to help you with it. Lastly, you walk away from that prayer knowing that God will worry about it now, so you don't have to!

**ASK** for help to rely on God.



Hold on even  
when you don't  
know what to do.

