

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

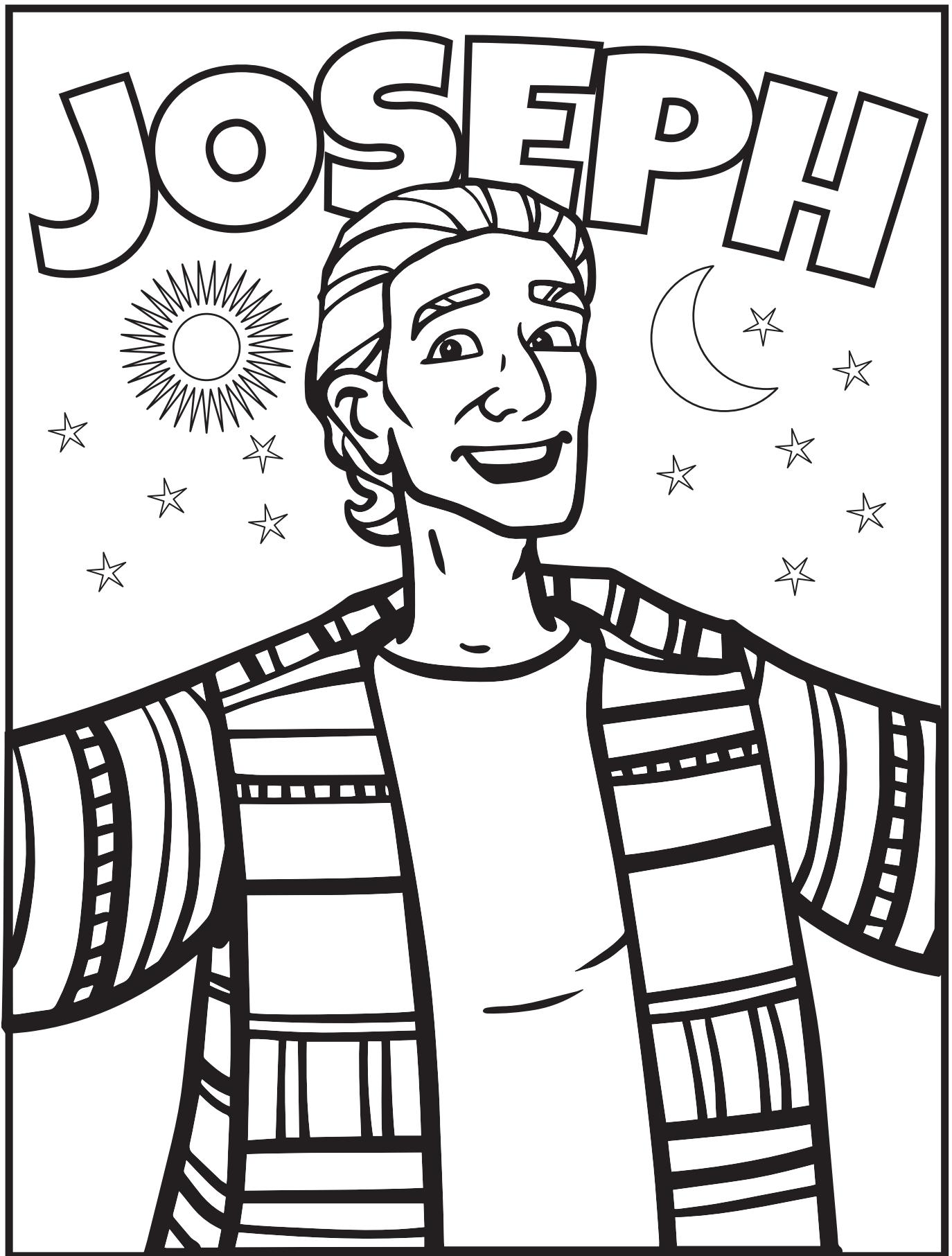
Talk to God about something hard. Tell God what you need and ask for help to keep your moving forward. You can pray something like this:

~~~~~  
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.**



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Read: Proverbs 16:9

**DAY
1**

Dream This

With a friend, take turns re-enacting the story of Joseph interpreting the Pharaoh's dream. Choose one person to be the Pharaoh, the other Joseph. The "Pharaoh" will fall "asleep" and start talking about his dream by describing something in the room you are in, and "Joseph" will guess. For example, the king would say, "it's big, silver, cold on the inside," and Joseph has to interpret the dream by guessing, fridge! Switch places.

KNOW that God can use anyone.

**DAY
2**

Bigger Story

With a friend, start a progressive story. One of you will begin by telling a short part of a story using only ten words; the other will add ten more words to the story. Go back and forth with each of you, adding your part of the story to make one big story.

THANK God for writing the story of your life.

**DAY
3**

Taking Steps

Look up Proverbs 16:9 and read it a few times. Then, think about something that you would like to happen in your life. If you need to, write them down to remember for tomorrow.

ASK God to be part of your plans.

**DAY
4**

Plans Please

Talk to God about the plans you have that you talked about yesterday. Pray something like this:

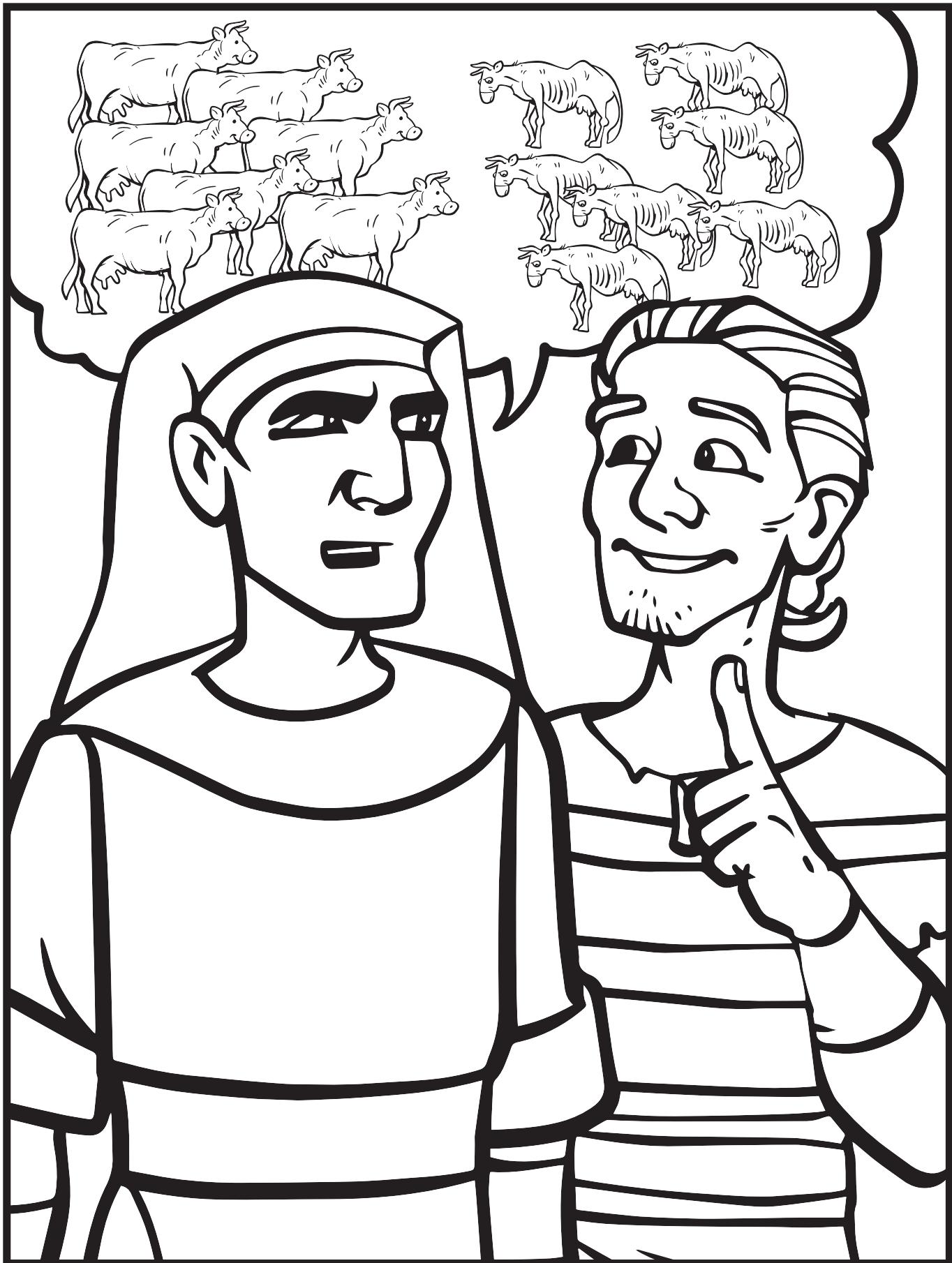
"Dear God, You know the plans for my life. Please show me the things that You want me to go and the places You want me to go. You also know everything I would like to do right now. God, show me the best things for me and help me get there. Amen"



LOOK for ways that you can invite God into your plans.



Hold on because
there's a bigger story.



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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.**



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Read: Hebrews 10:23

DAY
1

He Can Use You

Sometimes, God uses the most unlikely people. He can use you too! God can use you to point people to Him when you feel great or not so great. Think of a way that you can share God's love today and do it! Ask your adult for help if you need it.

LOOK for ways that God can use you.

DAY
2

Burning Bush

Create a burning bush with red, orange, yellow, and green paper. First, use the green paper to cut out a bush, then use the other colors to create fire and glue it to the bush. Put this in a place that you can see it often to remind you that God used unlikely things to get our attention and turn it to God.

ASK God to show you what to do.

DAY
3

Faithful

This week's verse talks about the faithfulness of God. Read through this week's verse and practice it so that you will remember its words when you need it.

THANK God for showing faithfulness.

DAY
4

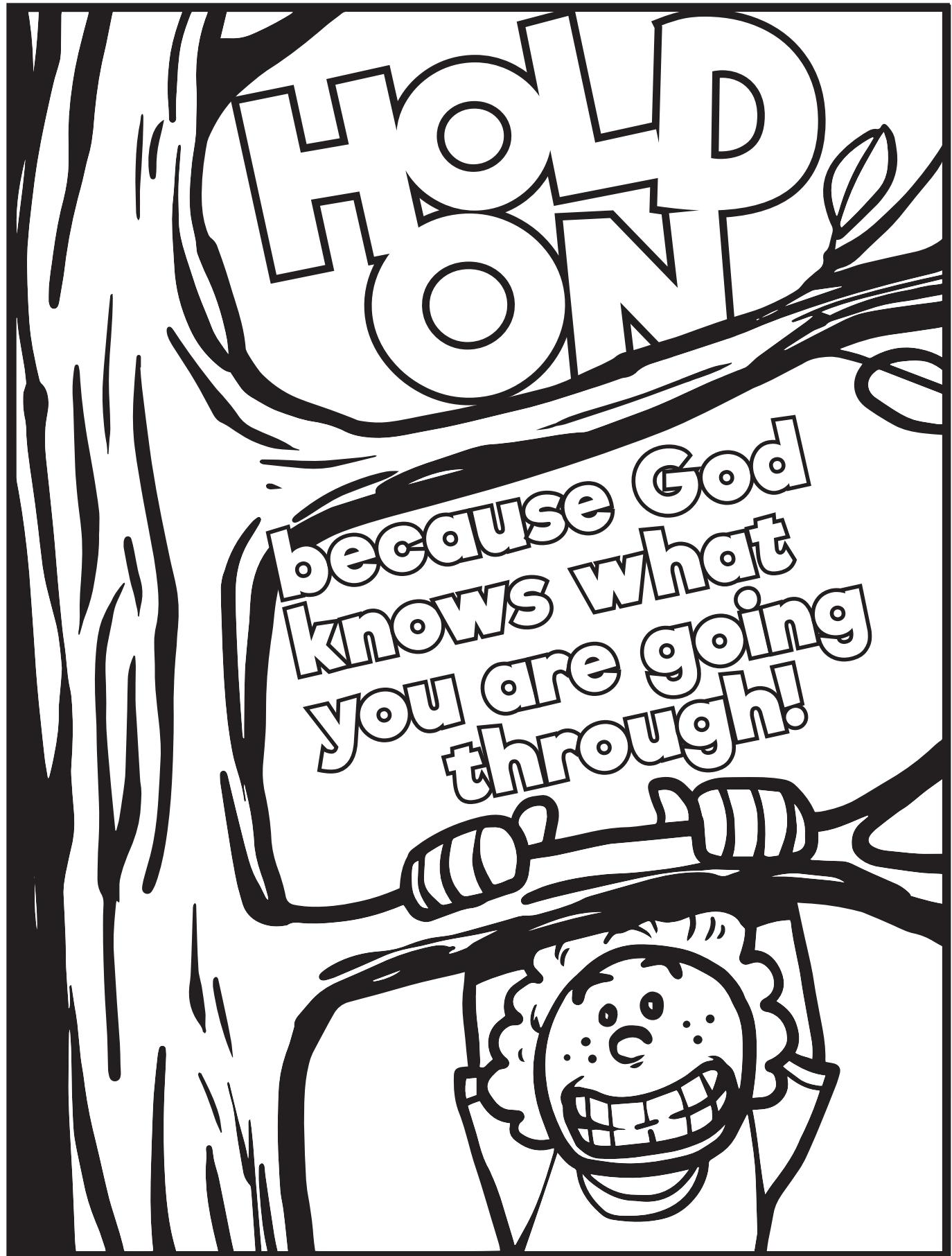
Going Through It Together

"Dear God, I know you are there whenever I need you—when I have a problem, when I am scared, or fine. You are faithful. Thank You for always being there for me when I don't know what else to do. Amen.

KNOW that together with God, you can do more.



**Hold on because
God knows what
you're going through.**



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Read: Deuteronomy 31:8

DAY
1

Red Sea

Design the Red Sea that parted for the Israelites using blocks and some characters. Make the blocks the sea and have your characters be Moses and some Israelites. Retell the story to someone in your house so they can hear a story of how God does amazing things.

LOOK at the amazing things God does.

DAY
2

Simon Says

Play a game of Simon Says with those in your house.

**KNOW that God is in control of everything,
even when we want to be the ones in control.**

DAY
3

Always There

Look up this week's verse about God always being there. Read it aloud to someone in your house. Talk about the ways God is there for you.

**THANK God for being before you, beside you,
and behind you every step of the way.**

DAY
4

God In Control

Our God is in control even though sometimes we think we know better. Pray and ask God to help make it clear to see what He wants you to do. Pray something like this:

~~~~~  
“Dear God, You are in control of my life. I pray I can always see You, trust You and look to You with my plans. I know Your ways are greater. I love You, God, amen.”

~~~~~  
ASK God to show you the plan.

**Hold on because
God is still in control.**

