

Grit is refusing to give up when life gets hard.

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

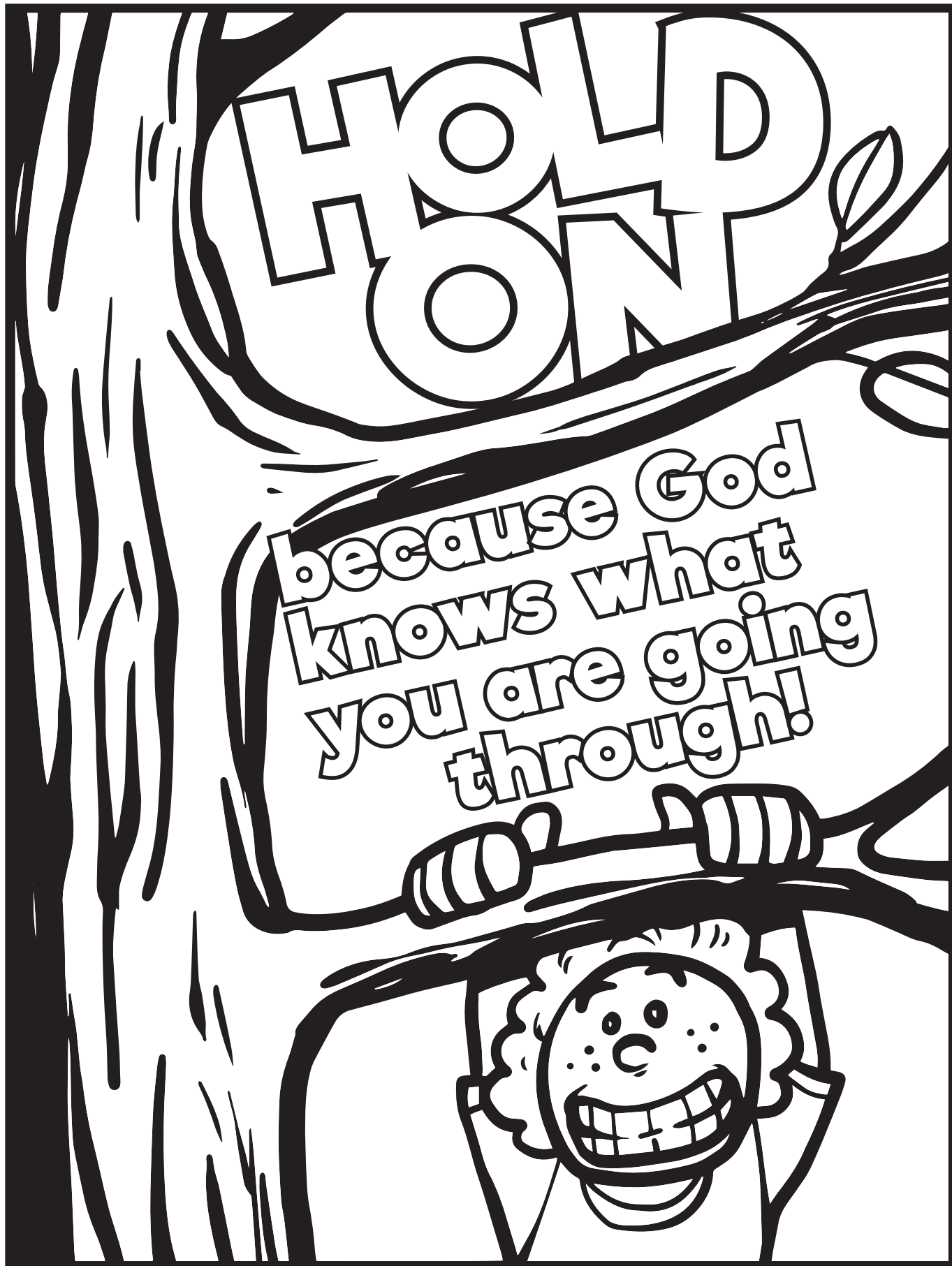
Going Through It Together

"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.



Grit is refusing to give up when life gets hard.

DAY 1

Read Romans 12:11-12

When was the last time you were really excited about something? Write about it in the box.

As we continue talking about grit, we need to remember why we follow God. God made us and loves us and wants what's best for us. God knows everything about every single thing. We can trust God no matter what. We can be excited to follow God, even when we face hard times, because it makes our faith stronger.

When you hope, be
O Y J L F U

When you suffer, be
T P N T I A E

When you suffer, be
L F F T A U I H

This week, when you face something hard and you really want to give up, remember God knows what you're going through and is ready to help.

DAY 2

Read Galatians 6:9

Today's verse reminds us to keep doing the right thing over and over and over again because at the right time, we will see good come from our obedience. That means we choosing to love God. But we also need to love the people around us with kindness, forgiveness, and compassion.

If we keep loving God and loving people, and if we keep showing grit even when we really want to quit, we'll see results! We'll see good from the choices we make to do good in the world around us.

Memorize This!

Write out the words of the verse on separate sticky notes. Stick each note up on the wall in order as high as you can. Jump and tap each word as you repeat the verse. Then stick the notes on the floor and hop from word to word as you repeat the verse. Finally, place all the sticky notes in random order on the table in front of you. See if you can slap the words of the verse as you repeat it from memory.



DAY 3

Read 2 Corinthians 12:9

Ever heard someone brag about how weak they were? Paul knew that he didn't have any real strength on his own. He learned that when he allowed God to work in and through him, he could do big things to change the world.

When we put our trust in Jesus, the Holy Spirit helps us to be kind when we want to say something unkind, to be patient when we're super frustrated, and to forgive when we just want to stay mad! God's grace is all we need to keep going with grit, even when we're tired and want to give up!

Remember, Jesus knows what you face. You can hold on because God knows what you're going through.

Brag Book

Make a brag book (don't worry, no one will see it but you and God!). Find some scrap paper to staple together into a book. This week, every time you make a wise choice, write it down in your brag book. Then stop and thank God for helping you have the grit to choose wisely.

DAY 4

Read John 1:5

Were you ever afraid of the dark? The dark can be scary because things aren't as they seem. But darkness is never stronger than light. Because even the tiniest light can make a big difference. Darkness only has power when no light is present.

Jesus came to push back the darkness of this world and make a way for us to spend forever with God in the light. Jesus is the light of the world—a light the darkness can never overcome.

Jesus came to bring light and hope and to show us the way to God. When we put our trust in Jesus, He will help us follow God and live with grit.

Light It Up

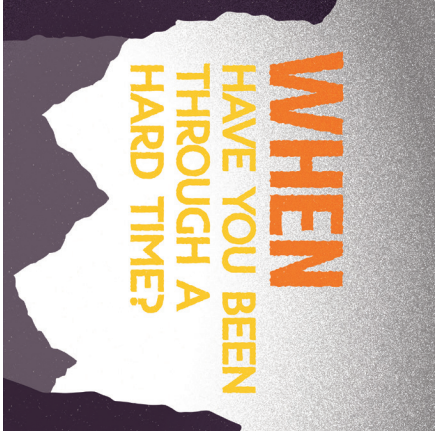
Write this verse on a card and tape it underneath the light switch in your room. When you turn on the light, thank God for sending Jesus, the light of the world.



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

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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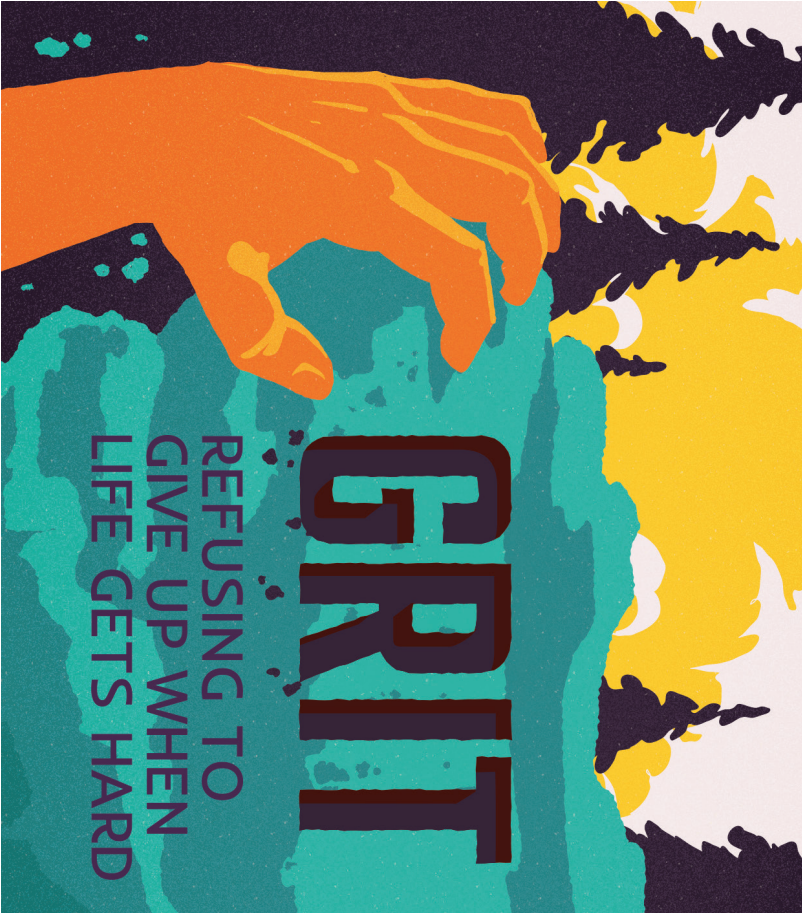
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October 2022

Week Four 4th-5th



Day 1

After watching, write one thing that:

1. You liked:

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2. You learned:

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3. You'd like to know:

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Go to bit.ly/SundaysAtHomePretteen and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!



Day 2

Read Exodus 3:1-16

As you read through Exodus 3:1-16, circle every time you read anything about God seeing or hearing the cries of the Israelites. Note that this won't always use the exact words "seeing" or "hearing," but the meaning is the same (such as, "Israel's cry for help has reached me").

There are a lot of circles, aren't there? God made it clear that He was listening and seeing what the Israelites were going through. And the next several chapters in Exodus detail what God did as a result of seeing what they were going through.

Things didn't change overnight for the Israelites. But no matter what, they could hold on because they knew God knew what they were going through, and He was working things out for their good.



Day 3

Have you ever wondered why you even need to pray, if God knows what you're going through?

You can look no further than the Israelites to see why we should talk to God. The writer speaks of God hearing their cries and acting in response. God moves when we cry out to Him—when we talk to Him. Prayer also brings us closer in relationship with God, which gives us the strength we need to hold on when life gets hard!

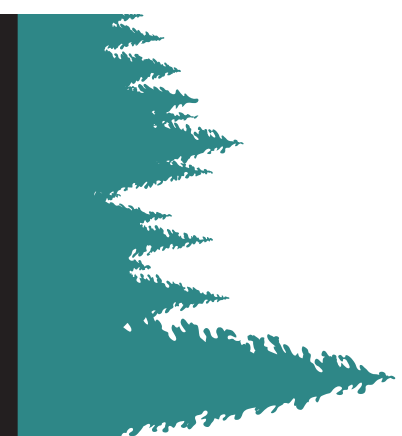
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What do you need to talk to God about today? If you're not facing something hard right now, you probably know someone else who is, so you can pray for them. Here's one way you can talk to God about what is going on:

1. Tell God what is happening.
2. Tell God what you are feeling. Don't hold back—the Israelites cried out.
3. Ask God to intervene—to heal, to provide, to bring peace.
4. Thank God for hearing your prayer and for always being with you.

## Day 4

**Yesterday you talked to God about what is happening in your life.**

Today, talk to someone else and ask them to join you in talking to God about what you are facing. Find someone who trusts in God, and tell them all the things you told God yesterday. Ask them if they'd pray with you right now and if they will continue to talk to God about what you are facing. If you aren't facing a big challenge right now, think about someone else who could use your prayers and, together with your friend or family member, pray for that person to have grit.



## Day 5

**When have you been through a hard time?**

Nothing encourages your faith and endurance like remembering how God has shown up for you in the past. So today, create a backward Easter egg hunt. Instead of hunting for eggs that have been hidden, you're going to hide reminders of when God has carried you or others through a hard time. It will be amazing to see how those reminders show up just when you need them!

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Start by getting a sheet of paper and cutting it into strips or small pieces. On each strip or piece, write a few words describing when God has showed you He is with you—prayers that were answered, peace you experienced during a hard time, times when God used other people to show you that God was near, and so on.

Then fold up the little pieces one time (don't make them too small or you might think it's trash!) and hide them all around your bedroom, bathroom, your backpack, etc. Whenever you find them in the future, you'll be reminded that you can **hold on because God knows what you're going through.**