

Grit is refusing to give up when life gets hard.

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

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

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

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:

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 "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."  
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ASK God to show you the plan.

Hold on because
God is still in control.



Grit is refusing to give up when life gets hard.

DAY 1

Read Isaiah 45:5-6

Who causes the sun to rise and set? Who put the sun in the sky in the first place? God did that! We can trust in a great big God who does great big things because there is no one else like God. Our human minds can't even understand just how amazing God is. No matter what happens, God is in control.

Take a moment to walk outside and look up at the sky. Think about sun and the stars, the clouds and even rain – not to mention eyes to see all these wonderful things. God did all of that! God is big enough to handle anything we face in life.

When things seem out of control, stop and look up at the sky. The same God who takes care of the world also takes care of you. You can keep going with grit, you can hold on because God is in control.

DAY 2

Read Lamentations 3:22-23

What does the word "faithful" mean? Write your answer in the box.

A person who is faithful is someone who does what they say they will do. God is faithful. If God makes a promise, God keeps that promise. God never says, "Oh, I'm sorry! I've been so busy running the entire universe I completely forgot about that!"

That means you can put all your trust in God! God loves you and will help you keep doing the right thing even when everything around you seems to be out of control. God can help you grow grit so you can keep going even when the going gets tough. God's love never fails.

Every Morning

Write today's verse on a card and put it by your bed. Every morning this week, read the verse out loud as a reminder that God loves you, is faithful, and is in control.

DAY 3

Read Exodus 14:13-14

Imagine you're an Israelite. One day, Moses shows up and (after a lot of back and forth) finally convinces Pharaoh to let you go free. You gather up your family and you leave Egypt. Then suddenly, Pharaoh changes his mind and leads his powerful army to chase you down. Now you're standing with the Red Sea in front of you and Pharaoh's army coming up fast behind. You're trapped.

The Israelites did what we often do when things seem out of control. They complained, saying, "Why didn't you let us stay back in Egypt?" But Moses knew God was in control. Moses didn't tell them to fight or run or even panic. He told them to be still and trust.

Sometimes when things are out of control, we want to take matters into our own hands. But really, the best thing we can do is just stop and ask God for help, because God knows what's best. We can trust God and hold on with grit because God is in control.

Be Still

Grab a marker and write "Be Still" on your hand or on an index card to keep as a reminder to stop and pray. Trust God to help you keep going with grit.



DAY 4

Read Psalm 94:19

Do you ever worry? Do you worry about school, about friends, about your soccer game on Saturday? The problem with worry is that it doesn't change anything. In fact, worry usually just makes things worse, because worry focuses on "what if's" that are totally beyond our control.

But there is someone who knows what will happen at school, with your friends, and on the soccer field on Saturday. God knows what you're worried about and wants to take the worry and replace it with joy. God doesn't want you to spend one more minute thinking about all the things that could happen. Instead, God can help you hold on with grit because He is in control.

Joy Not Worry

Write the word WORRY in large block outline letters on a piece of paper. Write down all your worries inside the letters. Stop and remember that God is in control. Then flip the page over and write the word JOY in large block letters on the back. Write the words of today's verse inside the letters and decorate it any way you choose. Hang it up as a reminder to turn your worries over to God and replace them with joy!

Hold on because
God is still in control.

Journal

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



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October
2022

Week Five
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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Day 2

Read Exodus 14:8-29

As you read through Exodus 14, after every sentence or two, stand in front of a mirror and make an expression that you think represents the emotion the Israelites must have felt at that moment.

There is a lot of back and forth—a lot of extreme emotions— isn't there? Things must have really felt out of control for Moses and the Israelites.

But God was in control, and He would save them. Moses stood strong in the face of fear and trusted God with the outcome. No matter how out of control things felt, God was in control.

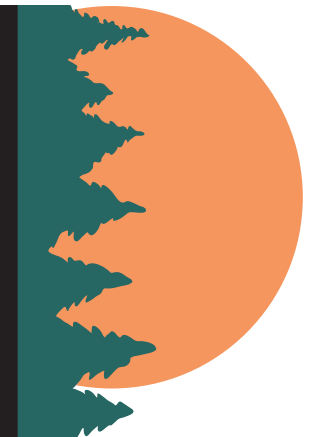
Day 3

Water is such a powerful force—carving valleys and shaping the land as it goes.

It's amazing to think about the strength required to actually hold back the Red Sea so the Israelites could walk through!

But water is also healing. It can bring peace and calm to chaos. Having a bad day? Take a shower! Feeling stressed? Wash your face and drink a glass of water.

Today, plan to do your prayer time during your daily shower or bath. Use this time to talk to God about something that feels out of control in your life. As you feel the water, imagine what it must have been like to see God part the Red Sea, and thank God for being in control even when life feels chaotic. Ask God to show His strength in your life as He did for the Israelites in parting the Red Sea and saving them from the Egyptians!



Day 4

Sometimes when things feel out of control, listening to music can calm us down and remind us to hold on because God is still in control.

Today, do some research on what songs would be good to listen to when you need grit to keep going. Start by going to a few people who you know have refused to give up when life gets hard. Ask them what song reminds them that God is in control and inspires them to keep going. Start a list of what others say. Then look online to find some other songs to add to the list. (Searching terms like “encouraging worship songs” or “God is in control worship songs” might be a good start!) Keep your list for tomorrow!

Day 5

What feels out of control?

Look at the list you made of encouraging songs. Wouldn't it be great to have this encouragement accessible anytime you're struggling with that feeling of chaos?

Make a playlist using whatever service your family uses for music (you may need to ask a parent for help). It could be Apple® Music, Spotify®, Amazon® Music, or even YouTube®. On the playlist, add all the songs on the list you made yesterday. Give your playlist a title that you will remember, like “Help for Hard Times” or “Grit Growers.”

You don't have to wait for a hard day to spin that playlist. Build up your grit reserves by listening for a bit every day. It will help you remember that whatever you face that day, you can **hold on because God is still in control.**

