



WEEK 1

MATTHEW 28:16-20,
ACTS 1-2

Great Commission and
Spread of the Gospel

SAY THIS: Keep going
because God is with you.

WEEK 3

HEBREWS 12:1

Cloud of Witnesses

SAY THIS: God can help
you let go of what is
holding you back.

WEEK 2

ACTS 16:16-40

Paul and Silas
in Prison

SAY THIS: You can choose
joy when life gets hard.

WEEK 4

HEBREWS 12:2-3

Fix Your Eyes on Jesus

SAY THIS: Keep going
because of what
Jesus did for you.

REMEMBER THIS

“But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.”
Isaiah 40:31, NIV

LIFE
APP

PERSEVERANCE—Refusing to give up
when life gets hard

DO THIS



MORNING TIME

Start the day with some music in the house. Play a favorite Christian song loudly for everyone to enjoy and get pumped about the day. As you say goodbye say this, "Don't give up today. God is with you!"



DRIVE TIME

On your drive this week try out some of these fun riddles with the kids. "What has hands but can't clap?" (**Clock**) "What is at the end of a rainbow?" (**The letter W**) "What goes up but never goes down?" (**Your age**) Remind your kids that even when life gives us riddles and gets difficult, to keep going because God is with you.



MEAL TIME

Q & A for kids: Would you rather get a no-homework pass, or a no-chore pass? Why?

Q & A for parents: What is the hardest thing you've ever accomplished? How did you feel when it was done?



BED TIME

No matter how many friends or family you have, there are times you'll feel alone. Truth is, no matter how alone you feel, God is always with you. Even though you may not see Him, He offers you the power of His Holy Spirit any time you ask. Because God is with you, you can keep going! Pray that God will give you the power of His Holy Spirit to guide and comfort you in those moments you feel alone.