

DETERMINATION

Deciding it's worth it to finish what you started

WEEK **3**
K-1st

BOTTOM LINE: Keep going even when it gets tough.

Read Galatians 6:9

DAY **1**

Be Tough When It Gets Tough

Below is a list of some challenges and your goal is to try and hold each one for 30-seconds each. Ask an adult to time you if they can. Ready, set, go!

- Stand on one foot
- Stand on one foot **WITH** your arms crossed
- Touch your toes
- No blinking
- Attempt to touch your nose with your tongue
- Spin around
- Stand like a statue
- Close your eyes

Great determination! How can we really find the determination to "stick with it" in real life challenges? That's right, we go to God. We take the things that feel hard and He will give us what we need to stick with it!

Ask God to help you keep going even when it gets tough!

DAY **2**

Don't Give Up

Ask an adult to help you look up this month's memory verse in **Galatians 6:9**. In your own words, tell someone what you think this verse means. Now, see if you can use some determination and find all of the words from this month's memory verse on the back of this page.

Remember that God does not want us to give up!

DAY **3**

I Can't Do It

Has your mom or dad ever asked you to do something and your first response was, "I can't do it!" What are some of those things that are really hard for you? Maybe it's helping your mom with some big chores like emptying the dishwasher or learning something new like tying your shoes. Whatever it is that we think we can't do, we can! God wants us to keep going, no matter what it is. Grab a piece of paper and some crayons and rainbow write **KEEP GOING** until you fill the entire page! It's going to take some determination, but you can do it!

Look for ways to keep going this week instead of giving up!

DAY **4**

Just Keep Going

In the Bible story this week, Peter and John were taken to jail for sharing the message of Jesus and they faced some really tough people. It would have been super easy for them to walk away and decide that it was just too hard to do what God had asked them to do. But they decided it was worth it and showed great determination and continued to share Jesus with others. Pray and ask God to give you courage to show this kind of determination.

Dear God,
Thank You that You give me everything I need to do what You ask me to do. Give me courage to keep going even when things get tough. Help me finish what I start because I know I have You on my side!
Amen.

“Let us not become tired of doing good. At the right time we will gather a crop if we don’t give up.” Galatians 6:9, Nlru

What You Do: Find all the words to the verse in the word search. Cross out each word as you find it.

X J J W I L U W I L L W
L G I V E J C R O P S N
A E X T K H T E G F Z I
W G K D H N A R K U Q B
F H G O O D G Y L S V V
D I X D E J A U E T H E
F O C R P E T P T I M E
L A I F F C H Q P N X V
U T W N I B E C O M E W
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WEEK

Three

2nd-3rd Grade

Read Psalm 23:3-4

DAY 1

Think about the last time you played a game of tag. At the beginning of the game, how did you feel? And what about at the end?

When it comes to following God, there is some good news. When we're tired of doing the right thing, God will guide us with new strength. And when things are really hard and it seems like everything is working against us, God promises to guide and comfort us.

Grab some sticky notes. Break today's verse up into 3- or 4-word phrases, writing each phrase on a sticky note. Stick them on the floor to create a path. Step on the notes as you read the verse aloud. Spend some time thanking God for leading you and giving you the determination you need to keep going even when it gets tough.

Read James 1:12

DAY 2

Wouldn't it be so awesome if every time you completed a big job or task, someone handed you a beautiful jewel covered crown?

That's not the kind of crown today's verse is talking about. The crown here is life, eternal life, forever with God. When you trust in Jesus as Savior, you can keep going with determination even when things get tough. Even when we're the only doing the right thing. God promises that one day we will be with Him forever in a perfect place. And that's way better than a crown that could be stolen or lost.

Grab a large piece of paper, draw the outline of a crown and cut it out. Write out the words of today's verse on one side and decorate the other. Bring the ends together and staple to secure.

Ask Jesus to help you follow Him so that you can keep going even when it gets tough!

Read Galatians 6:9

DAY 3

Do you remember our definition for determination? Determination is deciding it's worth it to finish what you've started. That's easier said than done right? Because sometimes we get tired. Sometimes the task ahead seems impossibly big.

What if you took a cue from Anna in *Frozen 2* and simply chose the next right thing? In the song, Anna sings about not looking too far ahead and making the next right choice.

Anna sang this song because she felt completely alone.

But when it comes to following God, we are never alone.

Maybe instead of thinking about the great big thing in front of you, you should start smaller instead. Just do the next right thing—the thing right in front of you. Ask God to remind you that He is with you every step of the way so that you can keep going, even when it's tough.

Read Philippians 3:13-14

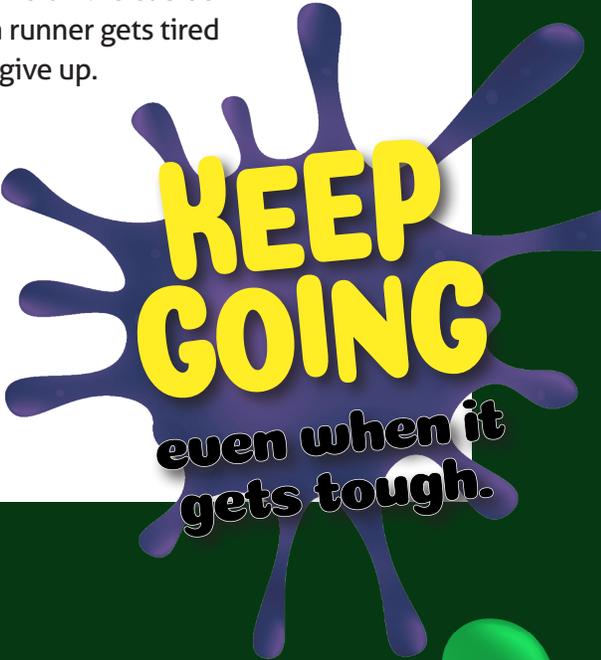
DAY 4

Following Jesus is a bit like running a tough race. The twists and turns on the course a runner faces are like the hard things that happen to us. Just like a runner gets tired and has to push on, we have to keep going even when we'd rather give up.

With an adult's permission, challenge yourself to run around the block. If that feels fairly easy, challenge yourself to run around the block again.

Ask God to help you push forward with determination.

He will help you even when it gets tough.



**KEEP
GOING**

**even when it
gets tough.**

Day 5

What is an obstacle you often find yourself running into when it comes to finishing what you've started? Maybe you get. . .

Tired	(Isaiah 40:28-29)
Worried	(Philippians 4:6-7)
Overwhelmed	(Matthew 11:28)
Scared	(Psalm 27:1)
Anxious	(1 Peter 5:7)
Lazy	(Galatians 6:9)

Circle one or two things that you struggle with sometimes.

Now look up these verses next to those obstacles. Pick the verse that you feel like you need the most, and write it out somewhere you can see it. Whenever you find yourself starting to want to give up, read the verse and be encouraged: **You can keep going even when it gets tough.**



Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show. (Click on Fun2Watch! then The So & So Show.)

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

SO & SO TOP 3

After watching, write one thing that . . .

1) YOU LIKED: _____

2) YOU LEARNED: _____

3) YOU'D LIKE TO KNOW: _____

What keeps you
from finishing what
you start?

Day 2

Read Acts 3:1-11; 4:1-21

As you read Acts 3:1-11, circle all of the positive responses people had to the miracle Peter and John performed.

Then skip down and read Acts 4:1-21. Circle all the negative responses the religious leaders had to Peter and John's teachings. Look for all the ways they questioned their authority, threatened them and tried to stop them.

A lot changed in a short amount of time, didn't it? Peter and John went from teaching and healing to being imprisoned.

But did that stop Peter and John? Go back and re-read Acts 4:19 and 20 to find the answer.

In short, no. Peter and John kept going even when it was tough.

They knew that everyone needed to know about Jesus, so even when they were threatened, arrested and thrown in jail, they kept going. Talk about determination!

Day 3

What is something you're in the middle of right now?

- Maybe you're practicing for an upcoming music recital or dance recital and you haven't gotten it quite perfected.
- Your sports team has playoffs coming up and you need to practice more.
- You have some big tests around the corner and you're not sure you're prepared.



How do you feel when you think about your goal? Draw your emotions in the blank emoji face.



How do you feel when you think about the things that are making it tough right now?



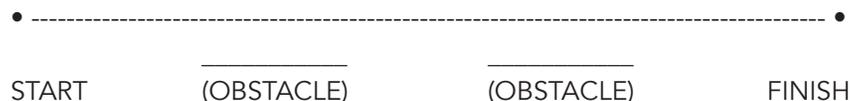
Lastly, what will it feel like to keep going even when it's tough?

Now, talk to God about it. Share with Him what is going on and how things are getting tough. Tell Him about the things that make you sad, scared, mad, or worried. Ask Him to help you to keep going even when it's tough.

Day 4

What's something that is holding you back from finishing something important—the thing prayed about yesterday?

Today you're going to build in some accountability in your life to help you keep going even when it gets tough. First though, find yourself on this scale. Be honest: where are you when it comes to finishing what you've started? Make a mark on the line representing where you are right now compared to your goal.



Then fill in the blanks some of the things that are in between you and the finish line—obstacles that might make it tough to finish. Lastly, find a friend you can be honest with and show them the diagram. Talk through the obstacles in your path, and ask your friend to pray with you and for you. Also, invite them to check in with you in the coming weeks to see if you're moving past those obstacles to finish what you've started.

