



## 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, NIRV

LIFE  
APP

**PERSEVERANCE**—Refusing to give up  
when life gets hard

## DO THIS



### MORNING TIME

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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

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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

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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

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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.