

Perseverance

Perseverance is hard work Do 35 jumping jacks

Perseverance requires motivation

Be a drill sergeant for your group– get them to follow your orders of your choice

Perseverance requires determination

Be determined to make every member of your group laugh & don't stop until you do

Perseverance means overcoming obstacles

Quickly set up an obstacle course & have someone time you as you make your way through it, Invite others to follow you through it

Perseverance takes sacrifice Give up one thing this week, tell the group why this will be a good thing for you to give up

You can't persevere on your own

Write a thank you note to someone who has helped you

To persevere sometime you have to hang in there & bear it Tell about a time you wanted to persevere through a tough situation, but gave up instead

Perseverance means finishing what you started

Pray about one thing that seems impossible for you to finish

Perseverance takes determination & wisdom

have someone time you while you hold your breath as long as you can. Try again & see if you can hold it longer

Perseverance is admirable Share a role model who has shown perseverance in their life. Tell how you can show that same perseverance in your own life

Perseverance is worthy of celebrating

Sing a gospel tune or opera about a time you persevered

Perseverance is newsworthy Give a news report about a serious, weird, true or made up story that shows perseverance

Read Jude 1:17–23 Sometimes it's tough to be a Christian, but God calls us to persevere in our faith

What is one part of this reading you can really identify with? When is it toughest for you to be a Christian. How can you persevere in that area?

Read Romans 5:3–5

Share when have you experienced suffering that produced perseverance, which led to character & hope?

Read Hebrews 10:32–39 We are not those who shrink back & are destroyed
Offer up a prayer for increased perseverance toward to promise of heaven.

Read Phillipians 1:3–6 God is at work within us

How does this promise affect your desire to persevere in your faith

Read Phillipians 3:12–14 God has removed our sins away from us & has forgotten the wrongs we've committed. We are fully forgiven

How can forgetting what's behind help you persevere toward what is ahead?

What do you need to forget so you can press forward?

Read 1 Corinthians 13:4–7 Why is perseverance an important quality of love?

When have you had to persevere in your love for someone?

Sometimes the light at the end of the tunnel is hard to see. Sometimes life doesn't seem fair. Sometimes God seems very far away

When was a time in your life when you had to persevere through doubt or depression?

Read Luke 18:1–8 Tell a true story about successful perseverance– either one you witnessed or personally experienced

Read Ephesians 4:29–32 Bitterness, rage, anger, fighting, slander, malice. Which of these do you struggle the most to avoid doing? How can persevering to avoid this help your friendships? Kindness, compassion, forgiveness. How can you persevere to model these in your friendships?

Read Ephesians 6:10–18 Truth, righteousness, peace, faith, salvation, the word of God In pairs talk about each of these, describe how these can help you persevere against the devil's schemes.

Read Matthew 11:28–30

Pray Lord help us to remember to lay at your feet all our concerns, worries, fears, responsibilities. Help us to remember that you alone can give us the strength to persevere

Read Job 42:10–17
How do you think you would have reacted in Job's position? How did Job show true perseverance

Brainstorm a really hard job to do outside. Now imagine it is 100 degrees hot.

In pairs act out how you persevere through it

Show & tell. Draw the face of someone who looks like they have persevered.

Sculpt a tool that represents perseverance.

Discuss: what tool in real life can we use to persevere?

Make a to-do list for the week.

Pray for God to help you persevere through the things you have to do.

Practicing perseverance Game: everyone stand on one leg for one minute

Show & Tell: Sketch: a comic strip that shows perseverance

Sculpt: a scene showing perseverance

List: Bible characters who showed perseverance.

Discuss: how can we follow their examples

Discuss: how does it feel after you have persevered through a difficult task?

Think of something you hate to do.

Now as a **group act out** how you can persevere through it

Show & Tell: sketch a metaphor for perseverance

Everyone write a definition for perseverance & then read aloud for each other

Pray for God to help you persevere in an area of your life you are challenged in

Sketch: a time Jesus showed perseverance

Pray: Jesus help me to have perseverance like you

Sculpt: Whatever image first comes to mind when you hear the word perseverance

Partners: Brainstorm a persevering challenge (as in reality TV) including rules & ultimate goal

Discuss: a story you heard recently that reveals perseverance

Share: would other people say you are someone who has perseverance? why or why not?

Think of a Historic moment that demonstrates perseverance.

In pairs **Act out** that scene

Sketch; Show & tell: something in nature that symbolizes perseverance

Reflect & Share: write down one way you can persevere in your friendship with Jesus this week. How will you make sure to follow through on this?

Share: What is the first area that comes to mind when you are reminded of the need to persevere? Pray to ask God to help you out in that area

Act out: a scene in a movie that demonstrates perseverance

Sketch: an ant carrying something much larger than itself.

Write down the biggest burden you are carrying right now. Pray for God to help you

Sculpt: an elephant. **Think of** an elephant size problem you are facing right now & share with a partner

Write down the name of a person you are having a relationship conflict with & one way you can persevere in that relationship

Write down the name of one elderly person you know who has persevered;
Pray in gratitude for knowing them.

Imagine: you are the team coach. It is half-time. Your team is tired & worn out. You need to help them persevere. **Act out** this scene

Sketch, show & tell: If perseverance were a company; what would its logo be?

Brainstorm: your group memorable quote on perseverance.

Group activity: Together hold something really heavy in the air.
Share how you can help each other persevere

Sketch, Show & tell: a caricature of yourself persevering

Sculpt a trophy for persevering

Brainstorm in pairs or group: qualities of a persevering person. Share which of these qualities each believes they have

Discuss: one area the group needs to persevere in. Pray for Jesus to help you

Sketch & discuss: draw your hand print & ask God to help you persevere in the works of your hands

Sculpt: a fire– **discuss:** how could fire represent perseverance?

Act out: persevering through an eating contest

Write & Share: a time you really persevered

Brainstorm: a list of the 5 sports in order of needing the most perseverance. Besides physically: what are the other ways they require perseverance

Sketch, show & tell: if perseverance were a food; what would it be?

Write & Share Why: the number that best represents your level of perseverance in your friendship with Jesus

Discuss: Why you think perseverance is an important aspect in relationships with Jesus

Act out: One way you can persevere in your friendship with Jesus

Sketch, show & tell: your family & how you can persevere in your relationships with each of them

Brainstorm: in one minute all the words & phrases that depict a person who has perseverance

Pray: for God to give you perseverance with whatever difficult, stressful or frustrating task you have to complete this week

Think of: one difficult relationship in your life right now. Write down Ephesians 4:29–32 & the person's name & keep it in your pocket as a reminder to persevere in that relationship

Reflect: is there one goal in your life you feel you can never achieve?: Write down 5 specific steps you can take this week toward achieving this goal & do them

Take a break: sometimes perseverance requires rest to gain strength

Write a prayer: asking Jesus to help you persevere in your relationship with him