

DETERMINATION

DECIDING IT'S WORTH IT TO
FINISH WHAT YOU STARTED

BOTTOM LINE: Keep going even when it gets hard.

Read Galatians 6:9

DAY
1

Create a Story

This month we're talking about determination—which is deciding it's worth it to finish what you started. Find a picture of someone showing determination or working hard in a magazine. Imagine what is going on in that picture. Write or draw a story of someone working hard and explain how the person in your picture uses determination to get the job done. **ASK** God to help you have the same determination when you have something hard to do.

DAY
2

Do Good for Others at Home

Have an adult help you look up Galatians 6:9 in your Bible. This week do three good things around your home. You could do three things for a parent, like help with dinner, clean the bathroom, or set the table. Or you could do one good thing for three people. You can help one person with dinner, help another clean their room, and then clean up the living room for everyone. No matter how hard the job is, make sure you stick to it and do all three this week. **LOOK** for ways you can do your good deeds all week.

DAY
3

Ask an Adult

Ask an adult to tell you about a time when they used determination to do something that was harder than they thought it would be. Ask: how did it feel when you were doing it and how did it feel when you completed it. **KNOW** that you are not the only person to have to do something hard.

DAY
4

Exercise Prayer

From the list below, start with your favorite and do each of the following exercises five times. For example, do 5 Jumping jacks, followed by 5 push-ups, etc. for 5 rounds. During the exercise, pray to God about your day. Thank Him for things that went well and ask for help with things that didn't. Keep up both the prayer and the exercise. It will get harder to exercise and to pray the longer you go.

- Jumping jacks
- Push-ups
- Sit-ups
- Squats

THANK God when you finish for the air in your lungs and the heart in your chest.

