

# Grit is refusing to give up when life gets hard.

## DAY 1

### Read Isaiah 45:5-6

Who causes the sun to rise and set? Who put the sun in the sky in the first place? God did that! We can trust in a great big God who does great big things because there is no one else like God. Our human minds can't even understand just how amazing God is. No matter what happens, God is in control.

Take a moment to walk outside and look up at the sky. Think about sun and the stars, the clouds and even rain – not to mention eyes to see all these wonderful things. God did all of that! God is big enough to handle anything we face in life.

When things seem out of control, stop and look up at the sky. The same God who takes care of the world also takes care of you. You can keep going with grit, you can hold on because God is in control.

## DAY 2

### Read Lamentations 3:22-23

What does the word "faithful" mean? Write your answer in the box.

A person who is faithful is someone who does what they say they will do. God is faithful. If God makes a promise, God keeps that promise. God never says, "Oh, I'm sorry! I've been so busy running the entire universe I completely forgot about that!"

That means you can put all your trust in God! God loves you and will help you keep doing the right thing even when everything around you seems to be out of control. God can help you grow grit so you can keep going even when the going gets tough. God's love never fails.

### Every Morning

Write today's verse on a card and put it by your bed. Every morning this week, read the verse out loud as a reminder that God loves you, is faithful, and is in control.

DAY 3

### Read Exodus 14:13-14

Imagine you're an Israelite. One day, Moses shows up and (after a lot of back and forth) finally convinces Pharaoh to let you go free. You gather up your family and you leave Egypt. Then suddenly, Pharaoh changes his mind and leads his powerful army to chase you down. Now you're standing with the Red Sea in front of you and Pharaoh's army coming up fast behind. You're trapped.

The Israelites did what we often do when things seem out of control. They complained, saying, "Why didn't you let us stay back in Egypt?" But Moses knew God was in control. Moses didn't tell them to fight or run or even panic. He told them to be still and trust.

Sometimes when things are out of control, we want to take matters into our own hands. But really, the best thing we can do is just stop and ask God for help, because God knows what's best. We can trust God and hold on with grit because God is in control.

#### Be Still

Grab a marker and write "Be Still" on your hand or on an index card to keep as a reminder to stop and pray. Trust God to help you keep going with grit.



DAY 4

### Read Psalm 94:19

Do you ever worry? Do you worry about school, about friends, about your soccer game on Saturday? The problem with worry is that it doesn't change anything. In fact, worry usually just makes things worse, because worry focuses on "what if's" that are totally beyond our control.

But there is someone who knows what will happen at school, with your friends, and on the soccer field on Saturday. God knows what you're worried about and wants to take the worry and replace it with joy. God doesn't want you to spend one more minute thinking about all the things that could happen. Instead, God can help you hold on with grit because He is in control.

#### Joy Not Worry

Write the word WORRY in large block outline letters on a piece of paper. Write down all your worries inside the letters. Stop and remember that God is in control. Then flip the page over and write the word JOY in large block letters on the back. Write the words of today's verse inside the letters and decorate it any way you choose. Hang it up as a reminder to turn your worries over to God and replace them with joy!

Hold on because  
God is still in control.