it's worth it to finish what you started

BOTTOM LINE: God gives you what you need to keep going.

Read 2 Corinthians 12:9

Finish the Race!

Have you ever been in a race? Talk about things that you think you would need to keep going and not quit your race. Cold water to drink, your friends or family to cheer you on, a wet towel to keep you cool are good examples. Guess what? God also gives us what we need to finish anything we start and He doesn't expect us to do it on our own. We can rely on God to give us the strength we need to keep going, even when it's hard! Close your eyes and think of something that you want to ask for God's help with. Pray something like this:

Dear God,

Thank You that You are there to cheer me on and to be my helper when I need it! Right now, I want to ask for Your help with _. Please help me to finish well and to not give up because You have given me what I need! I love you!

You Are Strong!

Ask your sibling or a friend to do an experiment with you. You are going to try to do as many pushups as you can in complete silence. (Be sure to count them). Take a break and then do them again BUT have your sibling or friend cheer you on with every push-up. How did you do? You probably did more push-ups with someone cheering you on. Guess what? That's just what God does for us. He is for us; He encourages us and gives us what we need every step of the way. So be strong! You have the Creator of the universe cheering you on!

Remember that you can be strong because God is cheering you on!

We Have What We Need

Ask an adult to help you look up our Bible story from this week in Acts 2:1-47. Read through the story together and talk through the following questions together.

- * What did Jesus ask the disciples to do?
- * How was He going to help them do this?

With an adult, turn off all the lights in your house and find a penny, a piece of string, your favorite stuffed animal, and a matching pair of socks. That sounds impossible right? Well, if you grabbed a flashlight then you could do it. That's like what Jesus did for His disciples. He gave them a flashlight, the Holy Spirit, to help them!

Know that God will give you whatever you need to do what He asks you to do!

He Is Strong!

Ask an adult to help you look up 2 Corinthians 12:9. What an amazing verse for us to remember! How cool that the God of the universe tells us that all we need is His grace and that He is strongest when we are at our weakest. Ask an adult to help you write the verse with washable marker on a bathroom mirror where you can read it every day! The next time that you are feeling like you can't do something or that you don't have what it takes, I want you to read this verse

Thank God that He is all that you need.

