

## Perseverance May 2019



### SAY IT:

Refusing to give up when life gets hard.

### KNOW IT:

#### ASK A KID:

- Have you ever had a hard time with learning a concept at school? What did you do in order to accomplish your goal and learn?
- Can you think of a time when you have given up on something? Examples might be giving up on a hard math problem or giving up in PE when trying to do pull ups. How did it feel when you gave up? Now think of a time when you powered through and accomplished a goal even when it was hard. Contrast the two feelings.

#### ASK A GROWN UP:

- What are examples of things in your life that have been hard as an adult? What about when you were a child?
- What are some things that you have done that have helped you persevere?
- Are there people in your life that you go to for help when life gets tough?

### SEE IT:

Sit down together as a family and watch the trailer for the movie *The Pursuit of Happyness* [youtube.com/watch?v=00uTFVnWJMw](https://www.youtube.com/watch?v=00uTFVnWJMw). The movie depicts a father and son who run up on some very difficult times but persevere to reach their dreams. There are times when their very safety and well-being are compromised, but they refuse to give up and eventually become very successful.

### BE IT:

A physical test of perseverance might be the ticket this month. Challenge your family to take on a physical endeavor in the near future such as a local Relay for Life walk or 5k run. Prior to the challenge, discuss as a family ways that you can persevere even when the going gets tough. That might be refusing to walk or refusing to quit even. Set goals together and register for a fun way to challenge and persevere.

# PHASE

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## Have you done the math?

**How many weeks do you have from now until your child graduates from high school?** You have about 36 less than when the school year started!

No matter their age, kids need a few things over time:

**LOVE** gives them a sense of worth. Knowing they are loved and seeing others love each other gives an example of what your kids will look for in future relationships.

**STORIES** about their past, their family, and their environment give them a bigger perspective.

**WORK** that is appropriate for them helps to give them purpose and significance.

**FUN** helps give them connections to others.

**GROUPS** or **TRIBES** (a team, a youth group, a cast, a class, etc.) give them a sense of belonging and fitting in.

**WORDS** that encourage, support, and correct give them direction.

**So don't miss it.** This school year may be over, but there is still time to incorporate love, stories, work, fun, tribes, and words in the time you have left.