



First, watch
this week's
video!

**Grit: Refusing
to give up when
life gets hard**

Memory Verse

"Let us not become
tired of doing good.
At the right time we
will gather a crop
if we don't give up."
Galatians 6:9, NIV

Bible Story

Joseph Sold by
Brothers and
Joseph in Jail
Genesis 37, 39-40

Key Question

What helps people
get through hard
things?

Use this guide to help your family
learn how God can help us have grit.

Activity

Egg-stra Challenge

What You Need:

Fork, egg, hand towel

What You Do:

Place the egg on a flat surface that it can't easily fall off of, such as a couch or coffee table. Give your child a fork and challenge them to scoop up the egg using only the fork—no other help—and then balance it for 5 seconds.

After several attempts, give your child the hand towel and let them use the towel to stop the egg from rolling away from the fork. This will still be challenging with the towel, but it will be possible.

Give them a few more tries. If they aren't successful, eventually let them use their other hand to scoop and balance.

After the activity, ask, "What are situations that people go through that they need strength to push through? What helps people get through hard times?" Explain how the towel is like God. Say, "Just because we have God in our lives does not mean that we won't face hard things. Challenging times come for all of us. But God is always with us, giving us something to hold onto so we don't drop our egg, so to speak!"



Talk About the Bible Story

What helps you get through hard things?

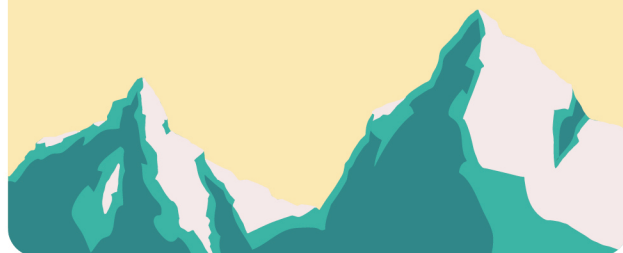
What are some ways you are reminded that God is with you?

How did Joseph show grit in our story? (*He trusted God even when bad things happened.*)

How can Joseph's story encourage you?

How can you use your experiences to encourage others?

Parent: Share a kid-appropriate story about a time you faced something really difficult and were reminded that God was with you.



Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for the story of Joseph, and what it teaches us about You. Help us to remember that we can hold on through hard things because You are with us. Help us to have grit, no matter what we are facing. Thank you for loving us, and for being with us always. In Jesus' name, Amen.