

Day 2

Read the following passages.

Draw a thumbs up emoji (or an upward arrow) beside the passages that describe positive things happening in Joseph's life. Draw a thumbs (or arrow) down beside the passages that describe a hard time in Joseph's life.

Genesis 37:3

Genesis 37:23, 28, 36

Genesis 39:2-4

Genesis 39:19-20

Genesis 39:20b-23

Genesis 40:23

Joseph's life had a lot of ups and downs, didn't it? But now go back and look among these verses for this phrase: "the Lord was with him" (or "with Joseph"). What two locations were specifically mentioned where the Lord was with Joseph?

God was with Joseph everywhere, but the writer of Genesis wanted to point out specifically that God was with Joseph when he was enslaved and when he was in prison! Joseph could hold on because God was with him, and you too can hold on because God is with you.



Day 3

God was always with Joseph—even when he was enslaved and in prison.

God is with you always too, but it may not always feel that way. Think about a couple of places where you need a reminder that God is with you. Maybe it's when on the school bus, where a kid is being mean to you. Perhaps you need a reminder when you're in your bedroom at night and sometimes feel scared. Or maybe it's when you're at school taking a test. Imagine being in that place (or even go there, if you can), and then pray this prayer.

"Dear God, thank You that You were always with Joseph and that You are always with me. Sometimes when I'm

I want to give up because I feel alone. Help me to remember You are always with me, even when things are hard. Please help me to feel Your presence with me always. In Jesus' Name, I pray. Amen."

Day 4

It's time to find out how others get through hard things.

Make a list of three or four people you know who you would say are wise—people who trust God and who make good decisions.

Text, call, message, or simply go talk to them, and ask them this one question:

What helps you get through hard things?

Write their answers down, and then save them for tomorrow!



Day 5

What helps people get through hard things?

Yesterday you got some ideas from others about how they get through hard things. Take out that list and add as many ideas as you can. Then go grab a blank sheet of paper (or construction paper) and cut it into strips. On each strip, write one way people can get through hard things. Also, write the words from Galatians 6:9, Isaiah 41:10, Psalm 46:1-3, James 1:2, James 1:4, and Hebrews 12:11, each on a separate strip.

Then find some type of container to put the strips into, and label it "Grit Go-Tos."

The next time you're struggling to push through, pull out one of these strips (or more, until you find one that works for your situation), and be encouraged that you can **hold on because God is with you.**