

Day 5

What is an obstacle you often find yourself running into when it comes to finishing what you've started? Maybe you get. . .

Tired	(Isaiah 40:28-29)
Worried	(Philippians 4:6-7)
Overwhelmed	(Matthew 11:28)
Scared	(Psalm 27:1)
Anxious	(1 Peter 5:7)
Lazy	(Galatians 6:9)

Circle one or two things that you struggle with sometimes.

Now look up these verses next to those obstacles. Pick the verse that you feel like you need the most, and write it out somewhere you can see it. Whenever you find yourself starting to want to give up, read the verse and be encouraged: **You can keep going even when it gets tough.**



Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show. (Click on Fun2Watch! then The So & So Show.)

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that . . .

1) YOU LIKED: _____

2) YOU LEARNED: _____

3) YOU'D LIKE TO KNOW: _____

What keeps you
from finishing what
you start?

Day 2

Read Acts 3:1-11; 4:1-21

As you read Acts 3:1-11, circle all of the positive responses people had to the miracle Peter and John performed.

Then skip down and read Acts 4:1-21. Circle all the negative responses the religious leaders had to Peter and John's teachings. Look for all the ways they questioned their authority, threatened them and tried to stop them.

A lot changed in a short amount of time, didn't it? Peter and John went from teaching and healing to being imprisoned.

But did that stop Peter and John? Go back and re-read Acts 4:19 and 20 to find the answer.

In short, no. Peter and John kept going even when it was tough.

They knew that everyone needed to know about Jesus, so even when they were threatened, arrested and thrown in jail, they kept going. Talk about determination!

Day 3

What is something you're in the middle of right now?

- Maybe you're practicing for an upcoming music recital or dance recital and you haven't gotten it quite perfected.
- Your sports team has playoffs coming up and you need to practice more.
- You have some big tests around the corner and you're not sure you're prepared.



How do you feel when you think about your goal? Draw your emotions in the blank emoji face.



How do you feel when you think about the things that are making it tough right now?



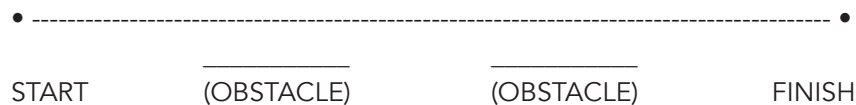
Lastly, what will it feel like to keep going even when it's tough?

Now, talk to God about it. Share with Him what is going on and how things are getting tough. Tell Him about the things that make you sad, scared, mad, or worried. Ask Him to help you to keep going even when it's tough.

Day 4

What's something that is holding you back from finishing something important—the thing prayed about yesterday?

Today you're going to build in some accountability in your life to help you keep going even when it gets tough. First though, find yourself on this scale. Be honest: where are you when it comes to finishing what you've started? Make a mark on the line representing where you are right now compared to your goal.



Then fill in the blanks some of the things that are in between you and the finish line—obstacles that might make it tough to finish. Lastly, find a friend you can be honest with and show them the diagram. Talk through the obstacles in your path, and ask your friend to pray with you and for you. Also, invite them to check in with you in the coming weeks to see if you're moving past those obstacles to finish what you've started.

