



WEEK 1

MATTHEW 28:16-20,
ACTS 1-2

Great Commission and
Spread of the Gospel

ASK THIS: What makes you
want to give up?

WEEK 3

HEBREWS 12:1

Cloud of Witnesses

ASK THIS: What gets in the
way of finishing what you start?

WEEK 2

ACTS 16:16-40

Paul and Silas
in Prison

ASK THIS: Why is it worth
it to keep going?

WEEK 4

HEBREWS 12:2-3

Fix Your Eyes on Jesus

ASK THIS: What can help
you focus on Jesus?

REMEMBER THIS

“But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.”
Isaiah 40:31, NIRV

DO THIS



MORNING TIME

Ask your preteen what their favorite song is in the church right now and play it in the house to get pumped for the day. As you say goodbye, say this, “Don’t give up today! Keep going because God is with you.”



DRIVE TIME

While in the car tell your preteen to avoid using their technology device and do something else. Tell them that everytime they feel like reaching for their phone, to pray. Taking away something we rely on so much can help us put our focus on Jesus. Challenge them to do it longer than a car ride the next time.



MEAL TIME

Q & A for kids: Would you rather get a no-homework pass, or a no-chore pass? Why?
Q & A for parents: What is the hardest thing you’ve ever accomplished? How did you feel when it was done?



BED TIME

No matter how many friends or family you have, there are times you’ll feel alone. Truth is, no matter how alone you feel, God is always with you. Even though you may not see Him, He offers you the power of His Holy Spirit any time you ask. Because God is with you, you can keep going! Pray that God will give you the power of His Holy Spirit to guide and comfort you in those moments you feel alone.