

Read Philippians 3:13-14

DAY 4

Following Jesus is a bit like running a tough race. The twists and turns on the course a runner faces are like the hard things that happen to us. Just like a runner gets tired and has to push on, we have to keep going even when we'd rather give up.

With an adult's permission, challenge yourself to run around the block. If that feels fairly easy, challenge yourself to run around the block again.

Ask God to help you push forward with determination.

He will help you even when it gets tough.

