

## Persistence

### Practice Makes... Persistent!

Persistence, of course, is the ability to keep doing something. No matter what. Even if it gets boring. Even if it gets difficult. Persistence means we just keep going. Why do we do it? Because we know something great will come of it.

In fact, it's because of persistence that we've learned sports, instruments, how to do our jobs, and any time we want to learn something new, we need to practice persistence. We need to be persistent when learning to play a new sport, when learning an instrument, when learning to cook or even when learning to read!

So as a family, why not practice persistence together by all learning something new.

What's something you've always wanted to try or do together? Now's the perfect time.

Things to consider:

- Learn an instrument. Many libraries and music stores rent instruments. And YouTube offers instruction! Cheap, easy, and fun (and often funny!).
- Learn a new sport. Visit a used sporting good store for ideas.
- Learn a new art form. Take a family painting or dance class. Keep at it and see where it takes you.
- Learn a new language. Check out a language app and learn a new way to say, "I love you!"
- The sky is the limit!

### Persistent Prayer

In the parable of the Persistent Widow, Jesus tells the story of a woman who asked for help from a judge because someone was being unjust to her. This woman did not stop seeking justice for herself until she got it. She was, of course, persistent. Jesus says that this is how we should pray.

So, this month, as a family, choose one cause that fights injustice or a person or people suffering an injustice. Commit to pray for it or them every day for a month. The prayer can either be something you write and pray exactly the same every day or you can come up with a way to pray differently. The point is to be persistent in your prayer. Just like the persistent widow that Jesus talks about.

## Exercise Challenge

The only way to get into shape is by persistent exercise. It's not fun for many of us—but so worth it—especially when we have “accountability partners.”

To practice persistence, choose an exercise to do a few times a week together. And keep at it!

Consider:

- Bike Riding
- Yoga
- Walking
- Stretching
- Running
- Jumping Jacks
- Jump Rope
- Swimming

Once you've decided on your exercise, go online to find helpful and age-appropriate hints.

## Memorize a Verse

Memorization requires persistence! So, why not practice persistence by memorizing a verse about persistence, or as it's called in Romans 5:3-5, *endurance*.

“...We also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us...”

**-Romans 5:3(b)-5(a)**