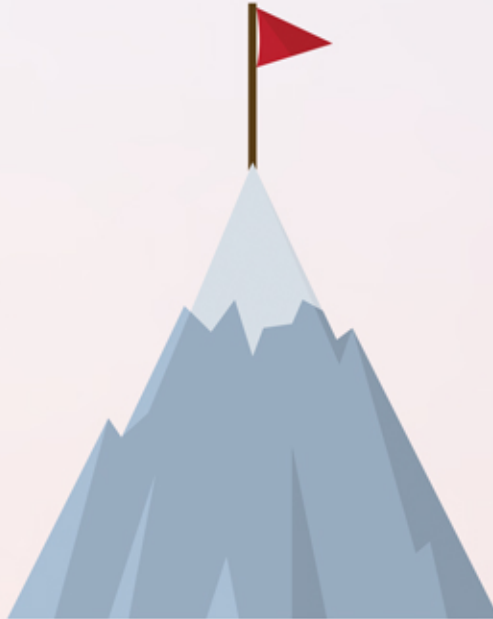


# NEVER GIVE UP



GET INTO THE BIBLE



10 MINUTES



READY TO GO



## GETTING INTO THE ACTIVITY

Keeping going, even when times are tough, can be hard. How often do you feel like you want to give up and give in? With God on our side, anything is possible!

Hold a plank position. How long can you do it for? Create some more endurance exercises and see how long you can do each one for. How do you rate your endurance and perseverance?

There are lots of things in life, just like the plank, that after a while we give up because of the pressure or we lose interest. When have you felt like giving up? School, Sport, God?

Jesus faced many obstacles in his life, but he never gave up because he believed strongly in what he was doing. He found his strength from God. Our lives are no different. When we struggle, we can ask God to give us strength and be with us. God is with us always. Matthew 28 v 20

Think about one thing you might be struggling with at the moment and pray to God for help and support.



## WHAT YOU'LL NEED

- Bible



## NOTES FOR PARENTS & CARERS

During exercise, rest should be taken if needed and participants shouldn't overexert themselves. An adult should initiate any contact with the BB group and/or share on social media.