

## SUCK IT UP

<b>VIRTUE</b>	Perseverance - refusing to give up when life gets hard.
<b>MEMORY VERSE</b>	<p>“Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”</p> <p>Isaiah 40:31</p>
<b>BIBLE STORY</b>	God our Father, Hebrews 12:7, 9-12
<b>BOTTOM LINE</b>	When life seems impossible, remember what God wants to do in you.

SUPPLIES: Bible, cards with words (or phrases - for younger kids) of the verse written on them [1 set per team], straws

Share the following Eagle Fact:

*Eagle Fact: Eagles have incredible strength. A 20-pound eagle has enough strength in its talons to break the bones in a man’s arm just by tightening its grip. If the eagle sets its sights on a small animal, such as a rabbit, then swoops down and grasps it in its claws, it’s all over for Mr. Bunny. When an eagle hunts for food it can only lift up to half its weight. An eagle’s beak has a sharp hook on the end that is used to tear apart animals it catches and eats.*

Ask your child to look up Isaiah 40:31. Have your child read the verse out loud or read the verse to your child.

Tell you your child in this activity they will have the opportunity to use a “beak” like an eagle. Each family member will get a straw. This straw will serve as your beak. You will each use your beak to suck up cards, containing parts of the memory verse, and put the cards in order. Just like an eagle uses the strength in its claws, or talons, to capture its prey you will use the strength in your lungs as you suck up the verse with your beak.

The first team to get the verse in order wins.

After the activity talk with your child about perseverance. Perseverance is more than simply gritting your teeth and holding your breath until the bad stuff goes away. **When life seems impossible, remember what God wants to do in you.** He can use the hard stuff to benefit you and achieve His purposes. When bad things happen we can remember that we need to “suck it up” and face the hard situations with confidence, knowing that God wants to use everything we go through to help us grow stronger in our faith.