

## Character Trait for January 29-Feb 2 is Endurance

**Philippians 1:9-10, "And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ"**

**Character:** the qualities built into an individual's life that determine their responses, regardless of circumstances.

**Endurance:** The inward strength to withstand stress and do my best.

**Derivation: Endurance**-the fact or power of enduring an unpleasant or difficult process or situation without giving way. From the Latin verb meaning "to hold out".

**Weekly Verse:** Romans 15:4—"For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope."

**Bible Story:** Mark 15:1 to 16:8. Jesus endures mockery, beatings, crucifixion, separation from the Father, and death.

**Quote:** "Endurance is not just the ability to bear a hard thing, but to turn it into glory."

### Application:

**Remember the Goal:** Most people can endure difficult times if they believe their sacrifices have a purpose.

**Give All You've Got:** Break your goal into small steps and tackle them one at a time. The more intensity you apply to each step, the faster you can advance toward your goal.

**Rest and Recharge:** Dealing with difficult times can be exhausting and requires that you make rest a higher priority. Avoid "burn out" by taking a break when you need it.

### Discussion Questions:

What if things don't turn out the way you hoped? What does endurance look like then?

Think of someone who has endured tough times. How did they persevere?