

## Character Trait for February 20-23 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:** Revelation 2:3 "You have persevered and have endured hardships for my name, and have not grown weary."

**Bible Story:** John 5:1-9 tells the story of the man who had been crippled since birth.

**Quote:** "The habit of persistence is the habit of victory."

**Application:**

### Four Types of Endurance

**Mental Endurance:** Your mental dimension encompasses your mental strength and mindset. It contains your capacity and quality of thinking. Our mental capacity and energy is often drained by long periods of work and stress without breaks that allow for recovery.

**Emotional Endurance:** Your emotional dimension is about your ability to understand your own feelings and relate well to the feelings and emotions of others. This dimension is highly relational.

**Physical Endurance:** The physical dimension is usually the first thing that comes to mind when people think about endurance. The physical dimension relates to how you take care of your body, including exercise, movement throughout the day, and nutrition. The better you maintain your physical health, the better you can handle stress in your life.

**Spiritual Endurance:** Finally, the spiritual dimension encompasses the connection between your behaviors, your beliefs, and your values. When you are aligned and continually growing spiritually you can derive a great deal of energy and strength that will help you endure tremendous stress.

### Discussion Questions:

Take a look at your life. Would "endurance" be a word that people who know you well would use to describe you?

Which of the four types of endurance are you the best at? Which one needs more work?