

Use this guide to help your family learn how God can help us have grit.



First, watch  
this week's  
video!

**Grit: Refusing  
to give up when  
life gets hard**

### Memory Verse

"Let us not become tired of doing good. At the right time we will gather a crop if we don't give up."  
Galatians 6:9, NIV

### Bible Story

Israel Goes Through the Red Sea  
Exodus 13:17-14:31

### Key Question

What feels out of control?

## Activity

### The Nice Dice

#### What You Need:

a die (you could use a random number generator online if you don't have a die)

#### What You Do:

Tell your child that you're going to play a game where the two of you have to complete certain challenges, but you don't get to choose your challenge: the die does. Let the first person roll the die and attempt the corresponding challenge. Go back and forth, completing the challenges as time allows.

#### Dice guide:

1. Remain in a plank position for 30 seconds.
2. Hum the tune of "Twinkle, Twinkle, Little Star."
3. Say the letters of the alphabet in reverse order.
4. Walk like a crab (on all fours, with your back facing the ground) in a circle around the entire room, three times.
5. Give a compliment to every single person in the family. (No repeats; it must be a different compliment for each person!)
6. Do jumping jacks while singing "Mary Had a Little Lamb."

After the activity, say, "There was a little bit of uncertainty in this game, wasn't there? Each time I got ready to roll, you didn't know what you were about to have to do. What's one thing you're currently facing that's making you feel uncertain?"



## Talk About the Bible Story

Why do things sometimes feel out of control?

What helps you calm down when things feel out of control?

Who are some people in your life that you can trust to help you?

What are some ways you can rely on God to help you?

*Parent: Share a story of a time when you felt like life was out of control. Were you able to see how God was in control as your situation unfolded? Did you feel God's presence, and did that help you push through?*



## Prayer

**Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:**

"God, I love knowing that You are in control. When I try to control my own life, it ends up a mess. When I let You to be in control, it always turns out best for me. When things get hard, help our family to remember to hold on because You are in control. In Jesus' name we pray, amen."