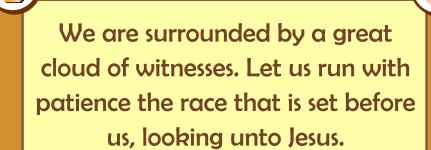
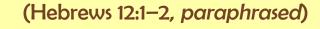
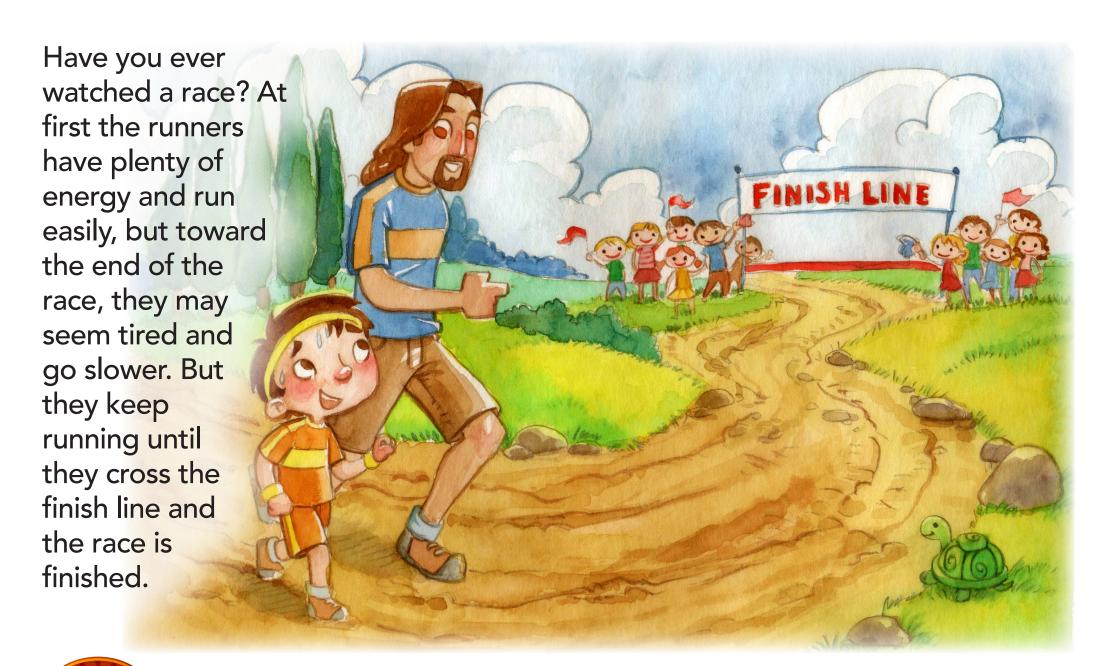
## Run the Race













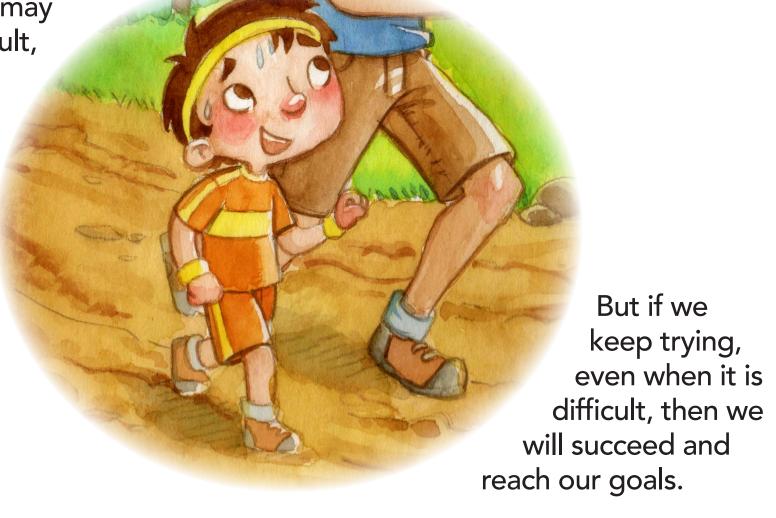
Sometimes we face challenges in

life that can be similar to a

race. At first they may

not seem so difficult,

but then after a little while we may get tired of trying and feel like quitting.







The Bible tells us that we can look to Jesus when we need patience and perseverance to keep trying even when something is hard to do. Jesus can give us patience and grace to face whatever challenge is before us. All we have to do is ask Him for His help, and He will be there to help.





## Action

Think about something that you're having difficulty learning. Now pretend that you are running a race. (Make sure you have a finish line!) As you are running, talk to Jesus and ask Him to help you with whatever it is that you are trying to learn. When you reach the finish line, praise Jesus for helping you to run the race.



Authored by Katiuscia Giusti. Illustrations by Sabine Rich. Design by Christia Copeland. Published by My Wonder Studio. Copyright © 2012 by The Family International

