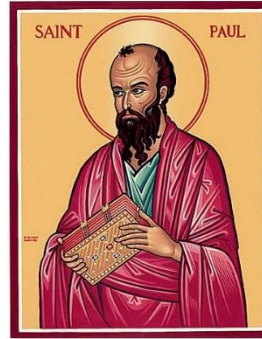




Endurance or Perseverance - content ideas for Christian collective worship

Definition: Jesus frequently encouraged his disciples to 'endure patiently' the difficulties and obstacles they would face by following him. Endurance is the ability to continue with an unpleasant or difficult situation, experience, or activity over a long period of time. Christians often describe their spiritual life as a journey. There are many possible diversions and temptations along the journey, which Christians are warned to resist. For Christians there is the promise that Jesus goes before them as the pioneer and perfecter of faith: 'We must keep our eyes on Jesus, who leads us and makes our faith complete' (Hebrews 12:2). There are many verses that encourage Christians to persevere and endure. *See Bishop Mike talk about endurance [here](#)*



Key Bible Character - Paul who spoke out for the gospel in difficult and different situations. These included imprisonment, persecution and even being shipwrecked. Despite all this, he endured his hardships knowing they were temporary and served a purpose in making him more like Jesus.

Questions – What does it mean to endure? What makes endurance hard? Who helps us? What thoughts make endurance easier or harder? Can anything positive come out of something hard?

Key Bible verse: Let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. Hebrews 12: 1-2

	Bible stories and verses linked to perseverance	Bible chapter and verse	Key message
1	Rebuilding Jerusalem – a time to build	Nehemiah 1-7 watch this	People of Israel have lived through some rough times. Hundreds of miles from home and working as slaves. This is the story about a chance to return home. It can be hard to finish a task that takes a long time. Especially when others tease us. Nehemiah encouraged the people to keep going.

2	Jesus is tested	Matthew 4:1-11 click here	There are always reasons to give up on the goals we set ourselves - reasons to be tempted not to stay on task. It happened to Jesus, too. He knew that God wanted him to rescue the world from all that was bad, but he was tempted to use God's power to do things for himself instead.
3	Walking on water	Matthew 14: 22-33 click here	Only when Peter took his eyes off Jesus, did he begin to sink and struggle. Jesus pulled him out and helped him. We need to keep our eyes on what we are trying to achieve.
4	Resisting temptation is hard but possible	Hebrews 12: 1-2	Have you ever run/biked/ in a long race? If so, what was it like? How did you feel at the end? The Bible says 'let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.' Hebrews 12: 1-2. I wonder what it means for Christians when it says 'The race marked out for us?'
5	God gives strength – You can do hard things.	Philippians 4:13	<p>Whatever the goals may be that you set for yourselves, there will always be voices tempting you to give up, telling you there's an easier way, offering you a short cut, suggesting that you cheat. Christians believe that God offers us the strength to say 'no' to these temptations to give up. God can help us stay on task.</p> <p>Read Philippians 4:13 – <i>I can do all this through him who gives me strength.</i></p> <p>It doesn't just say some things – it says ALL things. God cares about the small things, like when you are stuck on a maths question, to the larger things like which school to choose for year 7. Ask God to help you, He is always listening</p>
6	The persistent widow	Luke 18-1-8 click here	Why do you think Jesus told this story? I wonder how the widow in the story felt about having to go back again and again? How would you feel? Have you ever had a time when you asked someone and they wouldn't listen to you? Jesus told this story to encourage his followers to keep trying – not to give up. In fact, he said this is

			how they should pray to God – over and over again, without giving up.
7	You are not alone	Deuteronomy 31:8	<p>One of the lies we often believe when we feel stuck is that we are alone. We can tell ourselves things like: <i>Nobody else understands how hard this is. Nobody else has been in this situation. Nobody else feels my pain. No one gets it.</i></p> <p>Have you ever felt this before? The Bible tells us: ‘The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.’- Deuteronomy 31:8 God promises that He will never leave you. Just because you are going through a tough time doesn’t mean He has abandoned you. His strength helps us endure the difficult times.</p>
8	The Lost Sheep Lion Storyteller Bible – The Good Shepherd p.116	Luke 15:1-7 watch this	It was important for the shepherd to keep looking. God is like the shepherd who searches relentlessly.
9	Noah Lion Storyteller Bible – The special promise p.12	Genesis 6-9 click here!	How long do you think it took Noah to build the ark? (some think 100 years!) What would have happened if Noah had given up and left the ark half built? God gave Noah a pretty big job; God asked him to build a huge boat. What difficulties do you think he experienced? He didn’t even live near the sea! But Noah persevered. God might give one of us a hard job to do. He might ask you to be friends with someone everyone else is choosing to ignore. He might ask you to forgive a brother or sister who teases you. God was pleased with Noah, and God will also be pleased with you when you persevere in doing what is right.
10	Practice feeling content	Philippians 4:11-13	When things get tough, what might you be tempted to do? You could spend your days wishing for things to be different, or remembering the days when things were. So we drift into self-pity, pining away for what might be and continually trying to escape

			<p>what actually is. The Bible says “Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.” (Philippians 4:11-13).</p> <p>For the Christian endurance is an opportunity to practice feeling content – being happy with what we have. It is something to be learned, for contentment isn’t natural to any of us!</p>
11	<p>The Life of Paul</p> <p>Lion Storyteller Bible – The Earth Shakes p. 154</p> <p>Lion Storyteller Bible – Paul is shipwrecked p. 156</p>	click me	<p>Watch the video about the life of Paul. As children watch, ask them to identify all the moments Paul showed endurance. How many can you find? During all of the events that befell him, Paul never panicked or despaired because he trusted in God. Christians believe that God can be trusted and that he will never leave them, no matter how difficult the situations in which they find themselves become.</p>
12	Job	click here	<p>Job’s story is the ultimate test of faith and example of perseverance in the Bible. Even in the darkest times, through death and turmoil, questions of faith and God, Job was faithful and trusted God’s plan.</p>
13	Jeremiah	click here	<p>Jeremiah was blessed by God and tasked with preaching God’s word to his people. He is an example of perseverance by continually preaching and teaching God’s word, despite all that was done to him.</p>
14	<p>Joseph</p> <p>Lion Storyteller Bible – p.22-26 stories about Joseph</p>	video	<p>Joseph endured much hardship. In all of these circumstances he maintained his faith in God, he persevered and kept his hope in God’s deliverance. Even in the hardest times he didn’t compromise his character to get ahead but was patient, waiting on God’s timing. As we reflect on the life and character of Joseph, who</p>

			showed great grit, it should cause to reflect on our approach and confidence in difficult times.
15	Joshua Lion Storyteller Bible – The Walls fall down p. 38	Joshua 1: 6-7 click here	Joshua was born a slave in Egypt, along with the rest of the Israelites. He only saw the liberation of his people, under the leadership of Moses, when he was 40! After that, Joshua still had to wait another 40 years before entering the promised land, because of the sin of the other Israelites. But, all the while he was in Egypt, and then in the desert, Joshua did not give up on following God. In the face of the challenges they faced, many other Israelites lost hope. They had seen the power and wonders of God but had no endurance. Therefore, they did not receive their inheritance. Joshua was different. He saw everything and decided to put all his trust in God (Joshua 1: 6-7). The wait was long and difficult, but in the end, he led Israel to conquer the promised land. Joshua persevered and received his promised inheritance.

Other resources:

- <https://www.brf.org.uk/product/exploring-values-with-the-bible-perseverance/>