

OCTOBER  
WEEK ONE

Preteen



## Cliff Hanger: The story isn't over

Grit is 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



Weekly Cues



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### Bible Story

**Joseph Sold By Brothers and Joseph in Jail**  
Genesis 37, 39–40

What helps people get through hard things?

### Bible Story

**Joseph Sold By Brothers and Joseph in Jail**  
Genesis 37, 39–40

What helps people get through hard things?

# Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



## Morning Time

As your kid starts their day, tell them: “You have what it takes to do whatever you need to do today.”



## Meal Time

At a meal, have everyone answer the following question: “What can help people get through hard things?”



## Drive Time

While on the go, ask your kid: “What is your favorite sweet treat?”



## Bed Time

Pray for each other: “When we feel alone, help us to remember that You are always with us.”



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# Journal

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October  
2022

Week One  
Preteen



## Day 1

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### 3. You'd like to know:

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## A Devotional on what it means to have "Grit."

FOR AN **everyday faith.**

## Day 2

---

Read the following passages.

Draw a thumbs up emoji (or an upward arrow) beside the passages that describe positive things happening in Joseph's life. Draw a thumbs (or arrow) down beside the passages that describe a hard time in Joseph's life.

**Genesis 37:3**

**Genesis 37:23, 28, 36**

**Genesis 39:2-4**

**Genesis 39:19-20**

**Genesis 39:20b-23**

**Genesis 40:23**

Joseph's life had a lot of ups and downs, didn't it? But now go back and look among these verses for this phrase: "the Lord was with him" (or "with Joseph"). What two locations were specifically mentioned where the Lord was with Joseph?

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God was with Joseph everywhere, but the writer of Genesis wanted to point out specifically that God was with Joseph when he was enslaved and when he was in prison! Joseph could hold on because God was with him, and you too can hold on because God is with you.



## Day 3

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**God was always with Joseph—even when he was enslaved and in prison.**

God is with you always too, but it may not always feel that way. Think about a couple of places where you need a reminder that God is with you. Maybe it's when on the school bus, where a kid is being mean to you. Perhaps you need a reminder when you're in your bedroom at night and sometimes feel scared. Or maybe it's when you're at school taking a test. Imagine being in that place (or even go there, if you can), and then pray this prayer.

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"Dear God, thank You that You were always with Joseph and that You are always with me. Sometimes when I'm

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I want to give up because I feel alone. Help me to remember You are always with me, even when things are hard. Please help me to feel Your presence with me always. In Jesus' Name, I pray. Amen."

## Day 4

---

**It's time to find out how others get through hard things.**

Make a list of three or four people you know who you would say are wise—people who trust God and who make good decisions.

Text, call, message, or simply go talk to them, and ask them this one question:

**What helps you get through hard things?**

Write their answers down, and then save them for tomorrow!



## Day 5

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**What helps people get through hard things?**

Yesterday you got some ideas from others about how they get through hard things. Take out that list and add as many ideas as you can. Then go grab a blank sheet of paper (or construction paper) and cut it into strips. On each strip, write one way people can get through hard things. Also, write the words from Galatians 6:9, Isaiah 41:10, Psalm 46:1-3, James 1:2, James 1:4, and Hebrews 12:11, each on a separate strip.

Then find some type of container to put the strips into, and label it "Grit Go-Tos."

The next time you're struggling to push through, pull out one of these strips (or more, until you find one that works for your situation), and be encouraged that you can **hold on because God is with you.**

OCTOBER  
WEEK TWO

Preteen



## Cliff Hanger: The story isn't over

Grit is 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."  
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Weekly Cues



OCTOBER  
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Preteen



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Weekly Cues



### Bible Story

**Joseph Forgives His Brothers**  
Genesis 41–45

When has something turned out better than you expected

### Bible Story

**Joseph Forgives His Brothers**  
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When has something turned out better than you expected

# Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



## Morning Time

As your kid starts their day, tell them about a time you saw them show grit and let them know how much you admire their strength.



## Meal Time

At a meal, have everyone answer the following question: "When has something turned out better than you expected?"



## Drive Time

While on the go, ask your kid: "Who are some of your favorite people right now?"



## Bed Time

Pray for each other: "God, when it looks like things are not great, help us to remember that You are always working and what we may think is the end of our story is merely a chapter in a bigger story."



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October  
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## Week Two

### Preteen



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## A Devotional on what it means to have "Grit."

FOR AN **everyday faith.**

**everyday faith.**

## Day 2

### Read Genesis 45:4-11

Joseph had been put through a lot—from being sold into slavery, to being falsely accused and thrown in prison, to finally being put in a place of honor and prestige in Pharaoh's regime.

As you read Genesis 45:4-11, underline all the things God was doing through Joseph.

Now circle all the things Joseph could have guessed God was doing at the time.

You probably have a lot of things underlined but not much circled! Joseph could have never imagined things would turn out the way they did, but he held on, and sure enough, there was a bigger story!

## Day 3

**Think back over your life—when has there been a time things seemed scary or uncertain, but in hindsight, you can see how God was at work writing a much bigger story than you could have imagined?**

If you can't think of something, go ask a parent or grandparent if they can think of an example in the life of your family.

Then fill in the blanks to write the prayer below into a story.

~~~~~

Dear God, I remember when (write what happened), and I felt so (write how you felt). I couldn't see that You were at work by using (situation or person) to (positive thing that came out of the situation). I am so thankful now that I held on, because there was a bigger story a work, and things turned out better than I expected. In Jesus' Name, I pray. Amen.



## Day 4

**Hold on because there's a bigger story.**

If you've ever come down with an ear infection or strep throat, you may have been prescribed penicillin or another type of antibiotic to help you get better. Penicillin was the first antibiotic ever discovered, and it changed the medical world forever. But the craziest part about the discovery of penicillin is that it was completely by accident. Sir Alexander Fleming, a Scottish researcher, was experimenting with the flu virus when he left for vacation and came back two weeks later to find mold growing on an accidentally contaminated petri dish. The mold appeared to be preventing the growth of the bacteria! And thus, out of hard work that seemed to be derailed, a bigger story was revealed that would change the course of human history.

Who do you know that needs to hear that story? Someone who needs to be reminded to **hold on because there's a bigger story**. Reach out to them today and share this story with them, reminding them that there's a bigger story at work.

## Day 5

**When has something turned out better than you expected?**

Grab a sheet of paper, a pen or pencil, and a ruler or other straight edge. Turn the paper horizontally and use the ruler to draw a long straight line across the sheet. Then, using Genesis 41-45 if you need to for reference, make a timeline of Joseph's life, writing key points in his life below the line.

Above the line, make a timeline for yourself. Think about something you're facing right now—or will soon be facing—where you'll need grit. Start mapping out a timeline of what might have led up to the situation, what is happening now, and where it seems to be going. Leave space on the timeline to add to it as the situation continues and the bigger story at work is revealed.

At the top of the paper, write the words "HOLD ON." At the bottom, write the words from Galatians 6:9: "Let us not become tired of doing good. At the right time we will gather a crop if we don't give up." (NIRV)

~~~~~

Then hang the sheet somewhere you will see it often, so you remember to look for the bigger story God is writing. Add to your timeline as you see the story taking shape.





OCTOBER  
WEEK THREE

Preteen



## Cliff Hanger: The story isn't over

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Weekly Cues



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Weekly Cues



### Bible Story

#### Moses Is Born

Exodus 2:1-10

When have you helped solve a problem?

### Bible Story

#### Moses Is Born

Exodus 2:1-10

When have you helped solve a problem?

# Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



## Morning Time

As your kid starts their day, let your kid know how smart you think they are. Even better? Give them an example of when you saw them make a wise choice.



## Meal Time

At a meal, have everyone answer the following question: “When have you helped solve a problem?”



## Drive Time

While on the go, ask your kid: “What is something new you are learning right now? Is it hard to learn?”



## Bed Time

Pray for each other: “God, when we don’t know what to do, show us the next right thing to do and give us the grit to do it.”



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## Week Three

### Preteen



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## A Devotional on what it means to have "Grit."

FOR AN **everyday faith.**

## Day 2

### Read Exodus 1:22; 2:1-10

Match each of these developments in Moses' story with the solution his family came up with:

- A. Moses got too big to hide him anymore.
- B. Pharaoh's daughter found Moses in the reeds.
- C. After Pharaoh's command to kill all the male babies, Moses was born.

1. Moses' mother hid him.
2. Moses' mother made a grass basket to hide him along the shores of the Nile River.
3. Moses' sister offered to find Pharaoh's daughter someone to take care of Moses.

A. \_\_\_\_ B. \_\_\_\_ C. \_\_\_\_

Moses' family didn't give up. They held on. They didn't know what to do, but they got creative and they took the next step! As a result, Moses was saved, and he went on to save the Israelites by leading them out of slavery.

## Day 3

**When you don't know what to do, it can be easy to get overwhelmed and just not do anything.**

But as Moses' story demonstrates, we have to hold on and do the next right thing. But how do we know what the next right thing is?

The good news is, we're not in this alone. God wants to guide us. There are lots of ways He might do this, like putting people in our lives who can give us wise advice, giving us His peace about what to do next, and opening doors to new opportunities. It all starts by talking to God about your problem and asking for God to lead you.

Personalize the prayer below with something you are facing and need His guidance.

Dear God, thank You for always being with me and helping me solve problems. Right now, I am not sure what to do about

But I know that You are with me and that I can trust You no matter what. Please guide me to the right thing to do, and in the meantime, help me hold on no matter what. Give me grit to keep going. In Jesus' Name, Amen."

## Day 4

**Hold on even when you don't know what to do.**

One of the ways we can both hold on and take the next right step when we don't know what to do is by talking to others who can give us wise advice. Think back to the problem you prayed about yesterday. Who can talk to about this problem? Think about someone who trusts God and might have experience in this type of situation. Ask them if you can go for a walk, enjoy some ice cream together, or even talk on the phone. Use the following guide to help with your conversation.

- Share the problem you're facing right now.
- Explain the obstacles you've already faced and overcome.
- Ask them what they would do next if they were in your shoes.
- Ask them to pray for you and check in with you from time to time.
- Thank them for helping you!



## Day 5

**When have you helped solve a problem?**

The last few days, you've asked God and others for help with a problem you're facing, but today it's time to see who you can help solve a problem. Think of someone you know who is facing something hard. Write down their name and what their problem is. Then brainstorm several ways you can encourage them and help them hold on. This might look like:

- committing to pray for them every day,
- writing an encouraging note,
- helping them with chores or basic needs like lawn care,
- offering to help solve the actual problem if you have experience in the area,
- and so much more!

It's a lot easier to hold on when you have someone supporting you, so be that problem solver for someone else!

OCTOBER  
WEEK FOUR

Preteen



## Cliff Hanger: The story isn't over

Grit is 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



Weekly Cues



OCTOBER  
WEEK FOUR

Preteen



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Weekly Cues



### Bible Story

**Burning Bush and the 10 Plagues**  
Exodus 3-6:12, 7-12:42

When have you been through a hard time?

### Bible Story

**Burning Bush and the 10 Plagues**  
Exodus 3-6:12, 7-12:42

When have you been through a hard time?

# Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



## Morning Time

As your kid starts their day, say: “You’re one of my favorite people in the world.”



## Meal Time

At a meal, have everyone answer the following question: “When have you been through a hard time?”



## Drive Time

While on the go, ask your kid: “What is something new you would like to learn but you’ve been afraid to try?” (You may want to answer this one too!)



## Bed Time

Pray for each other: “God, thank You for always being there for us and helping us. And thank You for our friends and family and how they help us during tough times too.”



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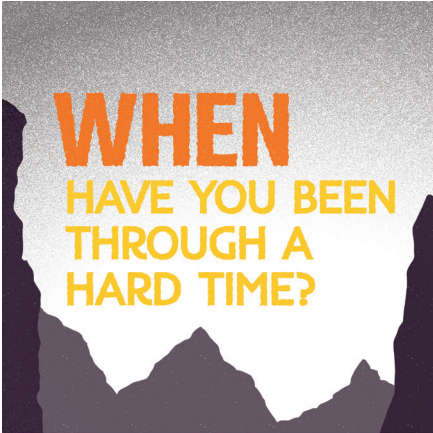
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## Week Four

### Preteen



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## A Devotional on what it means to have "Grit."

FOR AN **everyday faith.**

## Day 2

---

### Read Exodus 3:1-16

As you read through Exodus 3:1-16, circle every time you read anything about God seeing or hearing the cries of the Israelites. Note that this won't always use the exact words "seeing" or "hearing," but the meaning is the same (such as, "Israel's cry for help has reached me").

There are a lot of circles, aren't there?! God made it clear that He was listening and seeing what the Israelites were going through. And the next several chapters in Exodus detail what God did as a result of seeing what they were going through.

Things didn't change overnight for the Israelites. But no matter what, they could hold on because they knew God knew what they were going through, and He was working things out for their good.



## Day 3

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**Have you ever wondered why you even need to pray, if God knows what you're going through?**

You can look no further than the Israelites to see why we should talk to God. The writer speaks of God hearing their cries and acting in response. God moves when we cry out to Him—when we talk to Him. Prayer also brings us closer in relationship with God, which gives us the strength we need to hold on when life gets hard!

~~~~~  
What do you need to talk to God about today? If you're not facing something hard right now, you probably know someone else who is, so you can pray for them. Here's one way you can talk to God about what is going on:

1. Tell God what is happening.
2. Tell God what you are feeling. Don't hold back—the Israelites cried out.
3. Ask God to intervene—to heal, to provide, to bring peace.
4. Thank God for hearing your prayer and for always being with you.

## Day 4

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**Yesterday you talked to God about what is happening in your life.**

Today, talk to someone else and ask them to join you in talking to God about what you are facing. Find someone who trusts in God, and tell them all the things you told God yesterday. Ask them if they'd pray with you right now and if they will continue to talk to God about what you are facing. If you aren't facing a big challenge right now, think about someone else who could use your prayers and, together with your friend or family member, pray for that person to have grit.



## Day 5

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**When have you been through a hard time?**

Nothing encourages your faith and endurance like remembering how God has shown up for you in the past. So today, create a backward Easter egg hunt. Instead of hunting for eggs that have been hidden, you're going to hide reminders of when God has carried you or others through a hard time. It will be amazing to see how those reminders show up just when you need them!

~~~~~  
Start by getting a sheet of paper and cutting it into strips or small pieces. On each strip or piece, write a few words describing when God has showed you He is with you—prayers that were answered, peace you experienced during a hard time, times when God used other people to show you that God was near, and so on.

Then fold up the little pieces one time (don't make them too small or you might think it's trash!) and hide them all around your bedroom, bathroom, your backpack, etc. Whenever you find them in the future, you'll be reminded that you can **hold on because God knows what you're going through.**

OCTOBER  
WEEK FIVE

Preteen



## Cliff Hanger: The story isn't over

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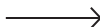


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Weekly Cues



OCTOBER  
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Weekly Cues



### Bible Story

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

What feels out of control?

### Bible Story

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

What feels out of control?

# Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



## Morning Time

As your kid starts their day, say: “No matter what today brings, God can help you with whatever happens.”



## Meal Time

At a meal, have everyone answer the following question: “What feels out of control in your life right now?”



## Drive Time

While on the go, ask your kid: “What is something good that has happened this week? What is something bad or not so great that has happened this week?”



## Bed Time

Pray for each other: “God, thank You for always being there for us and helping us. And thank You for our friends and family and how they help us during tough times too.”



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October  
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## Week Five

### Preteen



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## A Devotional on what it means to have "Grit."

FOR AN **everyday faith.**



## Day 2

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### Read Exodus 14:8–29

As you read through Exodus 14, after every sentence or two, stand in front of a mirror and make an expression that you think represents the emotion the Israelites must have felt at that moment.

There is a lot of back and forth—a lot of extreme emotions— isn't there? Things must have really felt out of control for Moses and the Israelites.

But God was in control, and He would save them. Moses stood strong in the face of fear and trusted God with the outcome. No matter how out of control things felt, God was in control.

## Day 3

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**Water is such a powerful force—carving valleys and shaping the land as it goes.**

It's amazing to think about the strength required to actually hold back the Red Sea so the Israelites could walk through!

But water is also healing. It can bring peace and calm to chaos. Having a bad day? Take a shower! Feeling stressed? Wash your face and drink a glass of water.

Today, plan to do your prayer time during your daily shower or bath. Use this time to talk to God about something that feels out of control in your life. As you feel the water, imagine what it must have been like to see God part the Red Sea, and thank God for being in control even when life feels chaotic. Ask God to show His strength in your life as He did for the Israelites in parting the Red Sea and saving them from the Egyptians!



## Day 4

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**Sometimes when things feel out of control, listening to music can calm us down and remind us to hold on because God is still in control.**

Today, do some research on what songs would be good to listen to when you need grit to keep going. Start by going to a few people who you know have refused to give up when life gets hard. Ask them what song reminds them that God is in control and inspires them to keep going. Start a list of what others say. Then look online to find some other songs to add to the list. (Searching terms like “encouraging worship songs” or “God is in control worship songs” might be a good start!)

Keep your list for tomorrow!



## Day 5

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**What feels out of control?**

Look at the list you made of encouraging songs. Wouldn't it be great to have this encouragement accessible anytime you're struggling with that feeling of chaos?

Make a playlist using whatever service your family uses for music (you may need to ask a parent for help). It could be Apple® Music, Spotify®, Amazon® Music, or even YouTube®. On the playlist, add all the songs on the list you made yesterday. Give your playlist a title that you will remember, like “Help for Hard Times” or “Grit Growers.”

You don't have to wait for a hard day to spin that playlist. Build up your grit reserves by listening for a bit every day. It will help you remember that whatever you face that day, you can **hold on because God is still in control.**