

SALT & LIGHT

Build character and stand up for what you believe

PATIENCE AND PERSEVERANCE

If you're into track you know what goes into running a race. Plenty of practice and training and hard work manifested in the official race that lasts a few minutes on the course. Yet if the runner is patient—if the runner is not willing to give up even if she is the last one out of the gate—then she has a good chance of finishing the race successfully.

Know Yourself

Do you have trouble waiting for something that you've been expecting? When a project gets tough do you give up easily? How do you overcome the pressures of adversity?

Know the Word

Read: Luke 18: 1-8

1. What made the Judge give the woman what she needed?
2. What was the noticeable trait of this judge?
3. How does this story illustrate the need to be persistent?

Remember It!: "Won't God protect his chosen ones who pray to him day and night? Won't he be concerned for them?" Luke 18:7 (CEV)

Read More! (if you dare): James 1: 2-4; James 5: 7-8

Know Others

"I am where I am by the grace of God, but I haven't had to do anything other than just work hard to get where I am. I didn't get here from partying with the right people or doing anything other than working hard"—Denzel Washington, in an interview about his role in "Hurricane". © Internet Movie Data Base Ltd. Source: <http://us.imdb.com/NewsFeatures/denzelwashington>, Information courtesy of The Internet Movie Database. Used with permission. Views of the publication do not necessarily reflect those of the American Bible Society.

The Choice is Yours

Patience is definitely a virtue of enormous proportions. It takes faith, diligence, prayer and trust to press on till you have reached the goal that God has set before you. The next time you want to quit before you reach the end, think about the love that God has for you and about what he wants you to learn during this process.

You should even try to jot down your thoughts during this time of waiting so that you can look back on the experience with accuracy. It can even boost your spirits for the next time you have to wait or press through.

We want to hear your stories concerning the way patience has made a difference in your life and the lives of others around you. To share your experience with us, e-mail your account to feedback@bibleresourcecenter.org