

ENDURANCE

Just Ask: Moses

LESSON POINTS

- Sometimes we endure for the sake of others.
- God wants you to ask for help if it will help you endure.
- You are not a failure if you ask for help.

BIBLE TEXT

Moses Needs Help Enduring – Exodus 17:8-13

The Israelites were battling the Amalekites. Moses was standing on the hill above the battle and held the rod of God above his head. The Israelites were winning the battle, but when Moses let the rod of God down they began losing. Moses kept holding the rod up but was becoming very tired. Aaron and Hur stood on either side of Moses and held his arms up until the Israelites won the battle. Moses didn't have the endurance on his own to hold up the rod of God. He had to have help. Endurance is not something we are required to have alone. It is ok to have help from others.

DISCUSSION QUESTIONS

1. Name some people that you would be willing to endure hard times for.
2. Name someone who has endured something for you.
3. Tell about a time when someone has helped you endure.
4. If someone helps you to endure who gets the credit?
5. Is it ever ok to fail? If yes, when?

MINISTRY IDEA

Intercessory Prayer

Ask children to think of someone they know that may be going through a hard time and could use some help to get through it. Have children commit to pray for this person fervently each day for the next week.

ACTIVITY IDEAS

World Records

Talk about Guinness Book of World Records that have to do with endurance. Example: longest time staying awake, playing a video game, jumping on a pogo stick, bouncing a basketball, hula hoop, etc. Have some volunteers attempt some of them for as long as they can.

Challenge

Have volunteers hold a book in each hand with their arms out and keep adding to the stack; meanwhile, keep asking them if they need help.

DEFINITION

Endurance - the ability to hold up or last, especially under strain or suffering.

FOUNDATIONAL PRINCIPLES

Fellowship (friendship) with others is important to God.
1 John 1:7; Proverbs 17:17; 18:24;
27:17; Acts 2:42; 2 Corinthians 6:14

MEMORY VERSE

Therefore I endure all things for the sake of the elect, that they also may obtain the salvation which is in Christ Jesus with eternal glory. This is a faithful saying: For if we died with Him, we shall also live with Him. If we endure, we shall also reign with Him. If we deny Him, He also will deny us.
2 Timothy 2:10-12 (NKJ)