

Character Trait for February is Endurance

Philippians 1:9-10, "And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ"

CHARACTER: the qualities built into an individual's life that determine their responses, regardless of circumstances.

Endurance: The inward strength to withstand stress and do my best.

Derivation: **Endurance**-the fact or power of enduring an unpleasant or difficult process or situation without giving way. From the Latin verb meaning "to hold out".

Weekly Verse: Hebrews 12:1, 2a—"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with endurance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."

Bible Story: Although Hebrews 11 is primarily about faith, we can also see how endurance played a role in the lives of those mentioned in the passage.

Quote: "Where there is no struggle, there is no strength."

Application:

To practice Endurance I will:

- not be a "quitter"
- accept both instruction and correction
- not waste my time, energy and talent on meaningless pursuits
- bend instead of break
- put my whole heart into everything I do

Discussion Questions:

Is it possible for you to reach a point in your life where you learn to appreciate difficulties, and use them as motivation to move forward?

Can you give an example of how someone in your family recently demonstrated endurance?