



## THEME OF THE MONTH

# Endurance

## ***The Inner Strength to Do My Best (Endurance vs. Faintheartedness)***

1. The ability or strength to continue or last despite fatigue, stress or adversity
2. The fact or power of enduring or bearing pain or hardship
3. The state of persevering
4. Stamina

### Why is Endurance Important?

*“Endurance develops strength of character...”*

**Romans 5:4 NLT**

*“Be strengthened...so you will have all the endurance and patience you need.”*

**Colossians 1:11 NLT**

*“When your faith is tested, your endurance has a chance to grow.”*

**James 1:3 NLT**

*“When your endurance is fully developed, you will be perfect and complete...”*

**James 1:4 NLT**

## How Do We Practice Endurance?

1. We don't stop, but continue forward, taking one step at a time
2. We pace ourselves, so we don't burn out along the way.
3. We perform our tasks the right way, because details matter.
4. We encourage and help others, as we are all on the same journey.
5. We focus both on short term goals to achieve long term results.



## MAT CHAT TALKING POINTS

1. How does fatigue, stress or adversity affect our performance?
2. Why is it important that we don't stop, but continue one step at a time?
3. Is life a series of sprints or a marathon? Explain your answer.
4. Is it important that we push through pain? Explain your answer.
5. What if things don't turn out as we planned? Is endurance negatively affected?
6. Did you ever feel like quitting? What motivated you to finish?
7. Why is attention to detail so important when building endurance?
8. How do you react so stressful situations at home, school or work?
9. Who is reliant on you? How does your endurance help them along the way?
10. Why are short term goals essential to achieving long term results?

### Talking Points:

Endurance is Fundamental: Without endurance, our ability to continue to move forward in the midst of circumstances is severely limited.

Endurance requires Commitment: Endurance does not happen by itself. It is a process that takes place as demands are placed on the body and the mind outside the norm. To build endurance requires a commitment to moving outside the status quo and the "comfortable".

Endurance requires Attention to Detail: To properly build endurance, attention to the "little things" is essential. Improper technique in training can result in injury, which slows the process of building endurance.

Endurance requires a Holistic Approach: As we run toward the finish line in life, we set short term goals to help us track our progress along the way. At each "checkpoint" is an opportunity to evaluate our progress, make adjustments, and work to improve our success in life. Each short term goal met energizes us to stay focused for the rest of the journey.