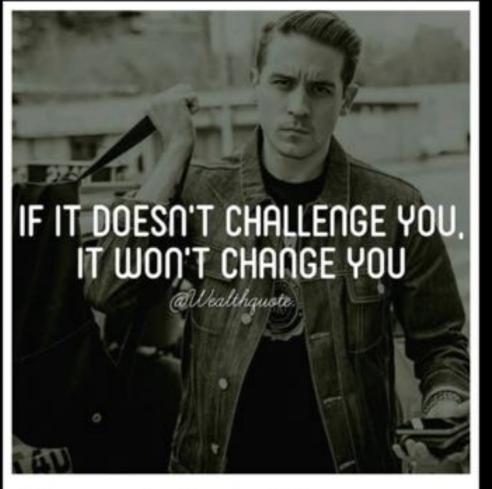




"Perseverance is the hard work you do after you get tired of doing the <u>hard work</u> you already did."

Newt Gingrich



Success is like building a muscle – it requires healthy tension to grow. Embrace struggle and success will come your way

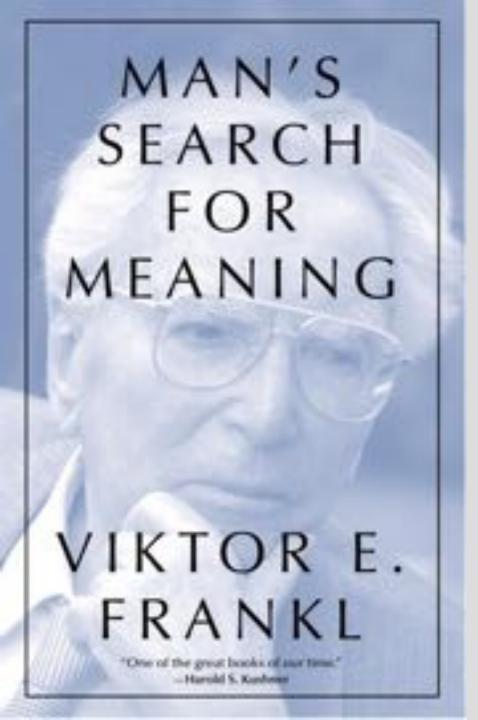
We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment.

Romans 5:3

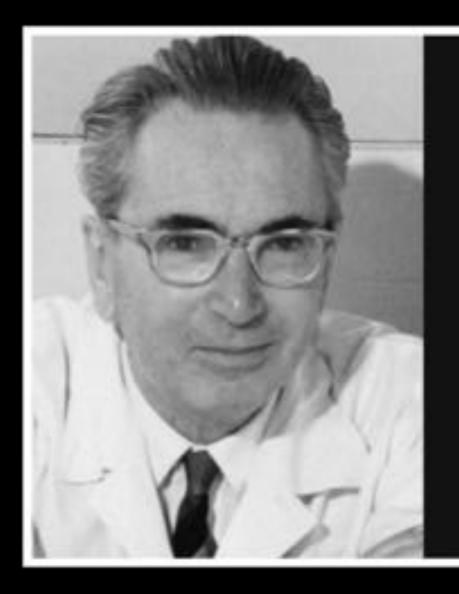
SOW A THOUGHT, REAP AN ACT; SOW AN ACT, REAP A HABIT; SOW A HABIT, REAP A CHARACTER; SOW A CHARACTER, REAP A DESTINY.

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything

James 1:2-4



Viktor E. Frank Austrian Psychiatrist By giving their experience purpose; people were much more likely to survive emotionally as well as physically. Others, unable to transform the experiences under some kind of purpose, succumbed mentally and emotionally as well as physically.



Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

— Viktor E. Frankl —

AZQUOTES

## "mental toughness is something like the physical strength: It cannot develop without exercise, and it breaks down when overworked"

The above was excerpted from an article in The New York Times' Science section, January 5, 2011: On Road to Recovery, Past Adversity Provides a Map, by Benedict Carey

<sup>3</sup>Praise be to the ... Father of compassion and the God of all comfort, <sup>4</sup>who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God

We were under great pressure, far beyond our ability to endure... But this happened that we might not rely on ourselves but on God..... He has delivered us ...... and he will deliver us again. On him we have set our hope that he will continue to deliver us, as you help us by your prayers.

1 Corinthians 1

1) When we rely on God to help and comfort

2) When we	e draw on the	God of co	mfort through	others

3) When we know that God will not allow us to cope with more then we can handle

4) When we assign purpose to our trouble

5) When we shift our mindset to joy because of the growth opportunity

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds,3 because you know that the testing of your faith produces perseverance. <sup>4</sup> Let perseverance finish its work so that you may be mature and complete, not lacking anything James 1:2-4