

# TOUGHNESS

## LESSON TEXT

Luke 22:39-46, Luke 22:66-23:12, Luke 23:26-47

## LESSON OBJECTIVES

- The students will define emotional, physical and mental toughness.
- The students will cite examples from Luke's account of the cross to explain how Jesus was physically, emotionally and mentally tough.
- The students will relate three ways that Jesus' example inspires them to be 'tough.'

## MATERIALS NEEDED

*For each student:*

- pen or pencil

*For the teacher:*

- extra Bibles
- 1 copy of "Good News from the Kingdom"
- globe or map of the world

*Reproducible Pages:*

- Page A, 1 copy for each student
- Page B, 1 copy for each student
- Page C, 1 copy for each student
- Page D, 1 copy for each student

## LESSON PLAN

### *Getting Ready*

Faithful Instruction  
 Teacher Focus  
 Teacher Tips  
 Preclass Activity: What Happened to Jesus at Gethsemane?

Starting Up  
 Welcome and Singing  
 Opening Prayer  
 Victories  
 Good News from the Kingdom

### *Getting into God's Word*

Story: "The Story of Michael Lamb"  
 Scripture Study  
 Activity: "How to Be Tough" Journal

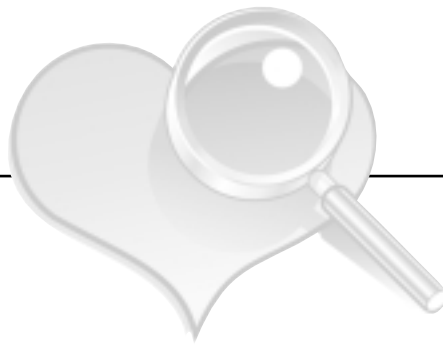
### *Getting It to Others*

Scripture Memory: Luke 22:43-44  
 Weekly Challenge and Snack Time  
 Conclusion

## SCRIPTURE MEMORY

An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

Luke 22:43-44



## FAITHFUL INSTRUCTION

### TEACHER FOCUS

Pray before preparing this lesson. This can be a powerful lesson for your students and could be the first time some of them have ever had a personal look at the cross. Read and meditate on Luke 22:39-40, Luke 22:66-23:12 and Luke 23:26-47. Think of the ways in which Jesus was called to be tough physically, emotionally and mentally. How have you seen God “attend to you” when you were struggling to be tough in a particular area? Use a copy of the students’ journal page (Reproducible Page C) to record your thoughts to share with the class.

### TEACHER TIPS

The focus of this lesson is being tough physically, emotionally and mentally. Be prepared to share appropriate real-life experiences to which your students can relate. Remind your students that being tough does not involve attitude or violence, but rather a state of mind that trusts in God to take care of the situation.

## PRECLASS ACTIVITY

### WHAT HAPPENED TO JESUS AT GETHSEMANE?

The students will decode a message relating to Jesus’ experience at Gethsemane.

#### MATERIALS USED

*For each student:*

- pen or pencil

*For the teacher:*

- extra Bibles

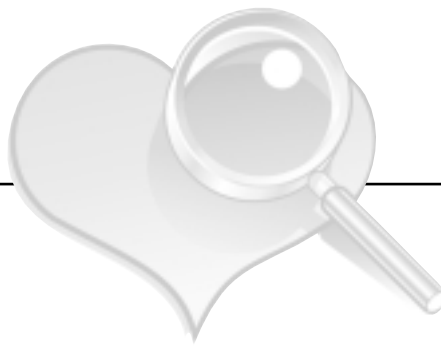
*Reproducible Pages:*

- Page A, 1 copy for each student

#### INSTRUCTIONS

1. Distribute copies of Reproducible Page A (What Happened to Jesus at Gethsemane?) and a pen or pencil to the students as they arrive.
2. Help each student to understand the instructions for decoding the message. (Have the students first try to decode the page without using their Bibles.)
3. Message: An angel from heaven appeared to him and strengthened him.





## STARTING UP

### WELCOME AND SINGING

Call the students together in a circle. Welcome everyone by name, being sure to recognize anyone who is visiting. Let them know how glad you are to see them, and how much you looked forward to being with them. Sing a few great songs.

### OPENING PRAYER

*Who would like to say a prayer to start today's time together?* Let a few students lead the prayer. Encourage the students to mention missing students, special church activities, illnesses and to be especially thankful for the chance to be together.

### VICTORIES

Take the time to have the students share about the challenges they were given at the end of last week's class. *Did everyone complete their challenge? How did it go? What fears did you face as you met the challenge to put the lesson into practice? How did everyone do with having consistent quiet times? Would anyone like to share something they learned?*

Praise and encourage all the students' efforts, especially noting any area of significant growth. Offer help and suggestions so they can have even more victories in the coming week.

### GOOD NEWS FROM THE KINGDOM

#### MATERIALS USED

*For the teacher:*

- 1 copy of "Good News from the Kingdom"
- globe or map of the world

#### INSTRUCTIONS

*Now let's take a few minutes to share "Good News from the Kingdom."* Be excited as you read about what is happening around the world. Have a globe or map ready, pointing out the location as you share. Remind your students that the kingdom of God is worldwide, and that the victories of our brothers and sisters in other countries can inspire us and spur us on.





# GETTING INTO GOD'S WORD

## STORY

### "THE STORY OF MICHAEL LAMB"

In this story, the students will see how Michael Lamb had to be physically, emotionally and mentally tough to survive his leukemia as a child. During the ordeal, he learned how to trust God in difficult situations.

#### MATERIALS USED

For each student:

- pen or pencil

For the teacher:

- extra Bibles

Reproducible Pages:

- Page B, 1 copy for each student
- Page C, 1 copy for each student

#### INSTRUCTIONS

1. Have the students take out their copies of Reproducible Page A (What Happened to Jesus at Gethsemane?). Discuss the meaning of the verse. Explain that it comes from Jesus' time of prayer at Gethsemane, just before he was tried before Pilate, convicted and crucified. Point out to the students how the scripture shows Jesus' reliance on his Father to help him stay tough during the difficult times he endured.
2. Distribute the copies of Reproducible Page B ("The Story of Michael Lamb") to the students and read the story to them. Explain and discuss the story concept. Explain that this story took place when Michael was six to eleven years old, and that he is a strong disciple in the Los Angeles church now.

*Michael Lamb went through difficult years of painful tests and procedures and through the incredibly horrendous side effects of chemotherapy to, thankfully, be pronounced cured of leukemia. He was a kid just like you. He loved to play ball and play in the park with his friends. Not only were these years difficult physically and mentally; they were difficult emotionally. Read the excerpt in the box below written by his mom, and then ask the following questions:*

- *What does it mean to be physically tough?* (able to endure pain, hunger, difficult living conditions or illness with a good attitude / trusting that God will take care of us)
- *How was Michael Lamb physically tough?* (he had to put up with the pain of 40 bone marrow tests, the sticking of many needles / had to take terrible tasting medicines that made him sick / lost his hair / body was swollen)
- *What does it mean to be emotionally tough?* (able to face hardship, discouragement and loneliness with a good attitude / trusting that God will work it out)
- *How was Michael Lamb emotionally tough?* (endured the hurt of others mistreating him and making fun of him / knowing he was going to have a test done that was very painful / knowing he could die like his next-door neighbor did)
- *What does it mean to be mentally tough?* (remaining positive / keeping righteous thoughts / staying focussed)
- *How was Michael Lamb mentally tough?* (relying on God to give him strength / not giving up / thinking of spiritual truths)

Besides the frequent nausea, the chemotherapy he received that summer had pronounced side effects. His hair fell out, his body swelled and his muscles weakened. It was hard to believe this bloated little boy was the same child we had seen playing ball so vigorously only months before.

Thinking back, I remember bittersweet moments of seeing his courage, appreciating precious times together and feeling God's reassuring love. Other memories of Michael that first summer flood our minds—swinging a bat and falling down, clattering dishes at 5:00 a.m. because of a ferocious appetite caused by the medicine, and enduring the cruel reactions of other children who simply didn't understand.

One day Michael was playing at a nearby park while we watched our daughter, Christie, play softball. Soon he came to the car and sullenly sat down. After coaxing him to talk, we learned why he was so hurt. Several bigger boys had talked him into climbing up the slide. Then, as he slid down, they spit at him, threw rocks at him and called him names because of his appearance.\*



# GETTING INTO GOD'S WORD

## SCRIPTURE STUDY/ACTIVITY

Today's lesson is going to be a serious look at how Jesus was physically, emotionally and mentally tough. Let the students know that they will learn these things about Jesus by seeing what happened to him at the cross. Have the students take out their Bibles. Give each student a pen or pencil and a copy of Reproducible Page C ("How to Be Tough" Journal).

Divide the students into groups of three. Tell the students that they will read scriptures about Jesus' experiences before and during his crucifixion, and then they will use the questions from the journal page to help them in using his example for their own lives.

Set the scene for the students by explaining what had happened in Jesus' ministry to this point, and how it led him to this time. Choose several strong readers to read the following passages:

- Luke 22:39-46
- Luke 22:66-23:12
- Luke 23:26-47

Be sure that the students read slowly and clearly, allowing the class time to think about the passages. Discuss any questions the students may have.

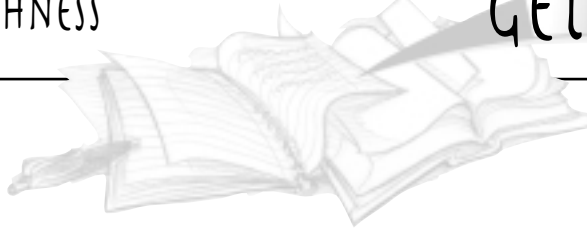
Give the students a chance to work in their groups to answer the questions on the journal page. As you go around the groups, share with them some of the things that you wrote during your preparation.



Discuss the following questions:

- *How was Jesus emotionally tough when he was praying at Gethsemane?* (He could have given in to self-pity. / He could have been dishonest with his Father about his fears. / He could have tried to do it on his own.)
- *What scripture reference explains this?* (Luke 22:39-46)
- *Can you think of a time when you needed to be emotionally tough?*
- *How can Jesus' example help you?* (Jesus did not just rely on himself. He prayed to his Father. I can pray when I am going through a hard time emotionally.)
- *How was Jesus physically tough?* (He was beaten before even appearing before Pilate. / endured all the torture before and during his crucifixion [Explain to the students that every time Jesus spoke while on the cross he increased the amount of pain he felt because he had to push up to fill his lungs with air.]
- *What scripture reference explains this?* (Luke 22:63-64—beaten)
- *Can you think of a time when you needed to be physically tough?*
- *How can Jesus' example help you?* (Even on the cross, Jesus' focus was others. He went through pain so we could be forgiven and spoke to comfort others, although it caused him more pain. I can focus on doing my best for my coach or my parents in everything I do.)
- *How was Jesus mentally tough?* (At his trial, he thought hard and knew when to speak and when to be silent.)
- *What scripture reference explains this?* (Luke 22:67-70, 23:9)
- *Can you think of a time when you needed to be mentally tough?*
- *How can Jesus' example help you?* (I can stop and listen to what is being said. I can pray and think before answering.)

Explain to the students that they will use the journal page to complete this week's challenge.



## SCRIPTURE MEMORY

An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

Luke 22:43-44

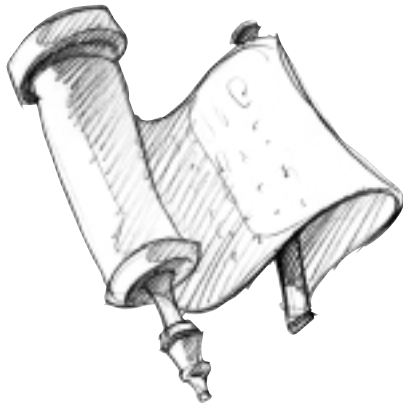
### MATERIALS USED

*Reproducible Pages:*

- Page D, 1 copy for each student

### INSTRUCTIONS

1. Have each student turn to Luke 22:43-44.
2. Have the students say the memory verse together aloud several times.
3. Talk about what the verse means.



## WEEKLY CHALLENGE AND SNACK TIME

If your students bring a snack, allow them to eat while you explain to them the challenge for the week.

Ask the students what part of the lesson they would like to share with their parent(s). Encourage them to share what they are learning every week. Tell them that the bottom of the journal page has a place to complete their Weekly Challenge.

This week, each student is to talk to a disciple and ask him or her to answer the Weekly Challenge question: How does Jesus' example of emotional, physical and mental toughness help you to be tough in your own life? Write down the person's response. Encourage the students to share what they have learned in class.

## CONCLUSION

End the class with a prayer.

## WEEKLY CHALLENGE

Share this lesson with a disciple. Ask how Jesus' example of toughness helps him or her to be tough.

Write his or her response on your journal page.

## TOUGHNESS

## LESSON TEXT

1 Samuel 24:1-22

## LESSON OBJECTIVES

- The students will define emotional, physical and mental toughness.
- The students will explain how David's character showed that he was emotionally, physically and mentally tough.
- The students will create Psalms that ask God to help them grow in being tough.

## MATERIALS NEEDED

*For each student:*

- pen or pencil
- 1 piece of attractive writing paper

*For the teacher:*

- extra Bibles
- 1 poster board
- black marker
- lined notebook paper
- construction paper
- markers/crayons/colored pencils
- glue sticks

*Reproducible Pages:*

- Page E, 1 copy for each student
- Page F, 1 copy for each student

## LESSON PLAN

*Getting Ready*

Faithful Instruction  
 Teacher Focus  
 Teacher Tips  
 Preclass Activity: Strengthen Yourselves/  
 Tough Like Jesus

Starting Up  
 Welcome and Singing  
 Opening Prayer and Review  
 Great News Sharing

*Getting into God's Word*

Scripture Study  
 Activity: Creating a Psalm

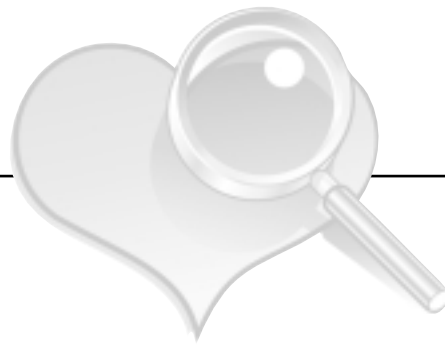
*Getting It to Others*

Scripture Memory: Luke 22:43-44  
 Weekly Challenge and Snack Time  
 Conclusion

## SCRIPTURE MEMORY

An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

Luke 22:43-44



FAITHFUL INSTRUCTION

TEACHER FOCUS

Pray before preparing this lesson. Read and meditate on 1 Samuel 24:1-22. You should also read over the Core Lesson so you have a thorough understanding of what was covered. Think about your own understanding of emotional, physical and mental toughness. What can you learn from the examples of Jesus and David that can help you develop a greater toughness in each of these areas? One of your goals as a preteen teacher should be instilling a strong character into each of your students. This includes helping them to learn that toughness does not need to include attitude and violence, but rather, it is a reliance on God to work his power in all situations.

TEACHER TIPS

After reading about David’s toughness in the scripture study section of the lesson, the students will be reading some of his psalms that give an indication of his toughness. They will work together to write psalms that show their own reliance on God. As an example to the students, you should try this activity in the week before class, reading the psalms listed, and then writing your own psalm to God. Share your psalm with your students before they begin writing.

PRECLASS ACTIVITY

STRENGTHEN YOURSELVES/TOUGH LIKE JESUS

The students will complete two puzzles (one acrostic, one crossword) that focus on becoming emotionally, physically and mentally tough.

MATERIALS USED

For each student:

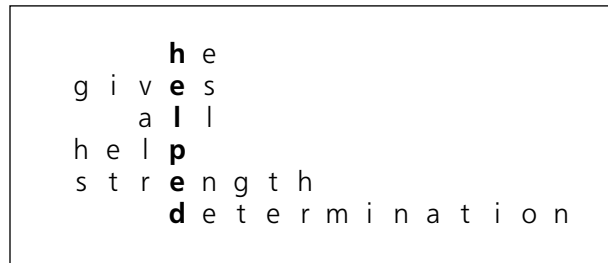
- pen or pencil

For the teacher:

- extra Bibles
- 1 poster board
- black marker

Reproducible Pages:

- Page E, 1 copy for each student
- Page F, 1 copy for each student



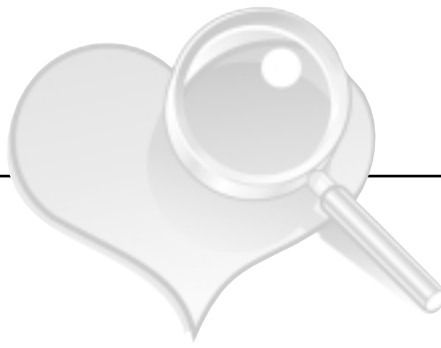
PREPARATION

On the poster board, print out the example above to give the students a better idea of how to approach this activity.

INSTRUCTIONS

1. Distribute copies of Reproducible Pages E and F (Strengthen Yourselves/Tough Like Jesus) and a pen or pencil to the students as they arrive.
2. Tell the students to look at the example of an acrostic built off of the word “helped.” (See example above.) Then, if needed, help the students to build an acrostic off of the word “strengthen.” An example is given on the next page to give you an idea of how to help them come up with their own phrase.
3. Have each student complete Reproducible Page E first. After completing Page E (acrostic), have them begin working on Page F (crossword). See answer key on next page:





**STARTING UP**

**WELCOME AND SINGING**

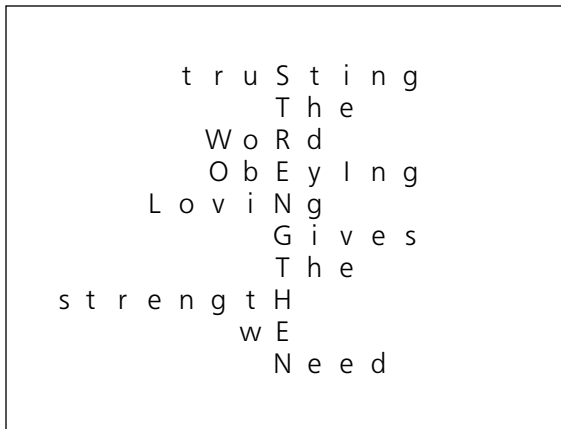
Call the students together in a circle. Welcome everyone by name, being sure to recognize anyone who is visiting. Let them know how glad you are to see them and how much you looked forward to being with them. Sing a few great songs.

**OPENING PRAYER AND REVIEW**

- Open with one of the students praying for each student to be relying on God and developing the toughness of Jesus.
- Have one student recite the memory verse for this lesson: Luke 22:43-44.
- Have a student briefly review the previous lesson (Core Lesson).

**GREAT NEWS SHARING**

Allow several minutes for the students to share great news about their lives. This could be about a family member who became a disciple; someone healed from an illness, someone studying the Bible, great grades, etc. Remind the students to be brief so that as many as possible can share.



Page E Sample



Page F Key



## SCRIPTURE STUDY

Have the students take out their copies of Reproducible Pages E and F. Allow some of the students to share their Acrostics (Page E). Go over the answers for Page F (crossword). Ask the students to quickly review some of the things they learned about toughness.

- *What does it mean to be physically tough?* (be able to endure pain, hunger, difficult living conditions or illness with a good attitude / trusting that God will take care of us)
- *What does it mean to be emotionally tough?* (able to face hardship, discouragement, loneliness with a good attitude / trusting that God will work it out)
- *What does it mean to be mentally tough?* (remaining positive / keeping thoughts righteous / staying focussed at all times)

Tell the students that you will be reading about David, who also exhibited great emotional, physical and mental toughness. Explain that David became a hero to the Israelites after he killed Goliath. He won many battles and was popular with the people because God was with him. King Saul, however, did not have God's spirit any longer because he was not obedient. He therefore became very jealous of David and tried several times to have him killed. David kept ahead of him and did not allow himself to be caught (physical toughness).

Have the students turn to 1 Samuel 23:7-8. Read this passage aloud to the class, explaining that Saul thought he would finally have the chance to kill David. David's response, however, was not to fight back or run in fear, but to seek God's direction.

- *What kind of toughness does this show in David?* (mental toughness)
- *Why?* (Even though Saul was after him, he knew he had to rely on God.)
- *Is Saul showing toughness?* (No, he is jealous and fearful. / reacting instead of seeking God)

Have the students turn to 1 Samuel 24:1-22. Select four students to read the following passages aloud to the class:

- 1 Samuel 24:1-4
- 1 Samuel 24:5-8
- 1 Samuel 24:8-13
- 1 Samuel 24:14-22

Discuss the passage as follows:

- *If you were David, what would your thoughts have been when you saw Saul in the cave?*
- *Why do you think David cut the corner of the robe off?* (wanted Saul to see he had the chance to kill him but didn't)
- *What kind of toughness is this?* (emotional—David thought, didn't react)
- *What kind of toughness did David show when he didn't allow his men to kill Saul?* (mental toughness—thought out his actions and words)
- *What does David's toughness do to Saul?* (breaks him down / makes him sorry)

Remind the students of the story about Michael Lamb and his fight with leukemia that they read in the Core Lesson. His dad and mom had been studying about King David with him before the leukemia was discovered:

Fortunately, we had been talking to Michael about the courage of King David. We had shared how David faced the things he feared with God's help. After six trips to the bathroom to vomit, Michael said, "Mom, I'm getting braver and braver."\*

*We can have the same type of toughness that Jesus, David and others in the Bible showed. This toughness comes through our reliance on God and his promises for our lives.*

\*Roger and Marcia Lamb, *This Doesn't Feel Like Love* (Woburn, Mass.: DPI, 1996), 20-21.



## ACTIVITY

### CREATING A PSALM

The students will work together to create psalms that show their desire to rely on God.

#### MATERIALS USED

*For each student:*

- pen or pencil
- 1 piece of attractive writing paper

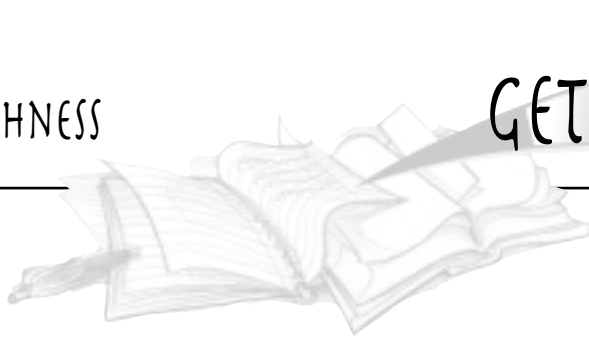
*For the teacher:*

- lined notebook paper
- construction paper
- markers/crayons/colored pencils
- glue sticks
- extra Bibles

#### INSTRUCTIONS

1. Have the students take out their Bibles. Tell them that they are going to see how David's relationship with God was very tight. David always brought any problems he had to God. In addition, just as they saw Jesus do at Gethsemane, David learned how to be tough in a godly way. Tell the students that the book of Psalms was mostly written by David and expresses these thoughts.
2. After each Psalm is read, ask the students what it expresses about physical, emotional or mental toughness. Ask volunteers to read the following verses:
  - Psalm 28:6-9
  - Psalm 73:21-26
  - Psalm 119:28-32
3. Divide the students into groups of three. Let the students know that they will be writing psalms to God that are similar to David's.
4. Tell the students that David's psalms were like personal letters to God. He expressed what he was feeling about his own life and his faith. Sometimes he wrote after he had seen God help him to be tough in a certain situation.
5. Ask each group to decide the topic of their psalm before beginning to write. It should talk about relying on God and, therefore, about being tough in a certain situation (i.e. being teased in front of friends). This is the time to share the psalm you wrote.
6. Mingle with the groups and help them as needed.
7. When the psalms are complete, have each student make a final copy of their group's psalm on attractive writing paper to mount and take home.
8. Have the students each mount their psalms onto construction paper with glue, decorating the edges with markers or colored pencils as time permits.





## SCRIPTURE MEMORY

An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

Luke 22:43-44

### INSTRUCTIONS

1. Review the scripture memory verse that was given during the previous lesson with the students.
2. Practice the verse together with the class, encouraging the students to have the verse completely memorized by the next class.

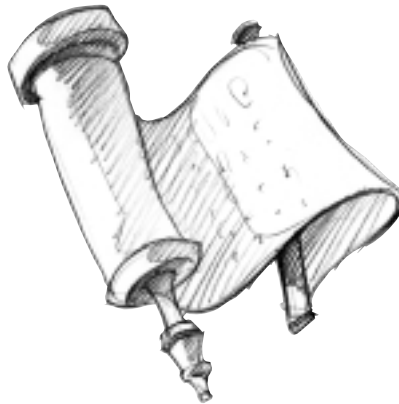
## WEEKLY CHALLENGE AND SNACK TIME

If your students bring a snack, allow them to eat while you explain to them the challenge for the week.

The challenge is for each student to share the lessons they have learned on toughness with a disciple and to ask that person to answer the Weekly Challenge question: How does Jesus' example of toughness help you to be tough in your own life?

## CONCLUSION

End the class with a prayer.



## WEEKLY CHALLENGE

Share this lesson with a disciple. Ask how Jesus' example of toughness helps him or her to be tough.

Write his or her response on your journal page.

WHAT HAPPENED TO JESUS AT GETHSEMANE?

Use the following clues to decode the message below.

Clues:

a = L  
z = N  
w = A  
t = D  
v = E  
u = G

s = F  
d = R  
q = O  
x = M  
b = H  
m = V

k = P  
p = T  
c = I  
e = S

W z w z u v a

s d q x B v w m v z

w k k v w d v t P q

b c x w z t

e p d v z u p b v z v t

b c x.

## THE STORY OF MICHAEL LAMB

Roger and Marcia Lamb were concerned. Their 6-year-old son, Michael, was having some serious problems. Night after night, lumps were appearing on his head. They went to the doctor, and their worst fears were confirmed: Their son had leukemia. Their next-door neighbor's son had just died of leukemia. *Will our son die too?* they wondered in their hearts.

Marcia wrote the following about what happened next to this hurting, but tough little boy:

"The remainder of the week was a flurry of medical tests—and tests of endurance. Michael's rigorous first day started with a bone marrow test. How do you explain a bone marrow test to a child, especially when he thought the doctor said "Bow and Arrow"? It took six people to hold him down when the doctor said, "Now, I'm drawing the 'target' on your back with brown soap." Looking into Michael's face, then glancing over his shoulder, I felt faint as I held tightly on to his arms.

"His body jerked as they shoved a small pipe-like object into his hipbone and drew out the bone marrow. Anesthetics to relieve pain cannot reach into the bone marrow. What we couldn't know was that he would have more than forty of these grueling procedures in the course of the next three years.

"The first oral medication that he was given was an extremely bitter cortisone pill. Nothing could mask its acrid taste. Besides the pill, he was given a powerful IV that would attack the leukemia cells, but would also cause extreme nausea.

"Fortunately, we had been talking to Michael about the courage of King David. We had shared how David faced the things he feared with God's help. After six trips to the bathroom to vomit, Michael said, 'Mom, I'm getting braver and braver.'"<sup>1</sup>

Michael was finally pronounced cured of leukemia, but when he was 11 years old, they were afraid it might have come back (it often does). Roger was out of the country, and Marcia was dealing with this difficult situation:

"By that evening Michael became violently ill, so ill that his oncologist feared the worst—Michael might be experiencing a relapse of leukemia. The only way to be sure was to put him through a series of tests again. We had seen other heartbroken families endure relapse after relapse. The thought of facing another three years of chemotherapy, bone marrow procedures and spinal taps seemed horrifying.

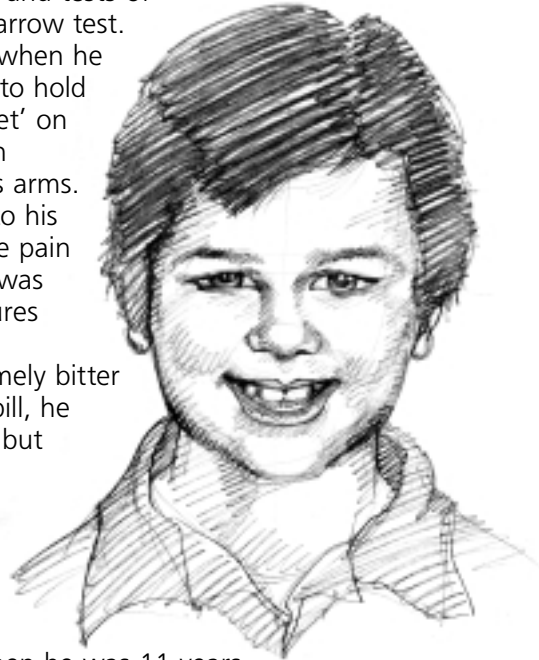
"*Can we possibly go through this again?* I lamented in my heart.

"Michael was braver than I was at that moment. I felt very alone without Roger's strength, but the childlike faith of our son helped me to be strong.

"I guess God knows that we can do this without Dad or he wouldn't have let him fly to Germany,' he said. 'Besides, he is doing an important thing for God. You don't need to have Dad come back unless it's...you know...cancer.'"<sup>2</sup>

Thankfully tests showed that Michael did not have leukemia, and the whole family rejoiced.

Michael is now a strong disciple in the LA church. He has learned much about being tough and about trusting God.



<sup>1</sup> Roger and Marcia Lamb, *This Doesn't Feel Like Love* (Woburn, Mass.: DPI, 1996), 20-21.

<sup>2</sup> Lamb, 29-30.

## HOW TO BE TOUGH JOURNAL

*How was Jesus emotionally tough when he was praying at Gethsemane?*

*What scripture reference explains this?*

*Can you think of a time when you needed to be emotionally tough?*

*How can Jesus' example help you?*

*How was Jesus physically tough?*

*What scripture reference explains this?*

*Can you think of a time when you needed to be physically tough?*

*How can Jesus' example help you?*

*How was Jesus mentally tough?*

*What scripture reference explains this?*

*Can you think of a time when you needed to be mentally tough?*

*How can Jesus' example help you?*

**Weekly Challenge:** Share this lesson with a disciple. Ask how Jesus' example of toughness helps him or her to be tough. Write his or her response on your journal page.

SCRIPTURE MEMORY

An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

LUKE 22:43-44

WEEKLY CHALLENGE

Share this lesson with a disciple. Ask how Jesus' example of toughness helps him or her to be tough. Write his or her response on your journal page.





## STRENGTHEN YOURSELVES

Directions: Make a phrase built off the word STRENGTHEN. Make your message about God's power to strengthen you during tough situations.

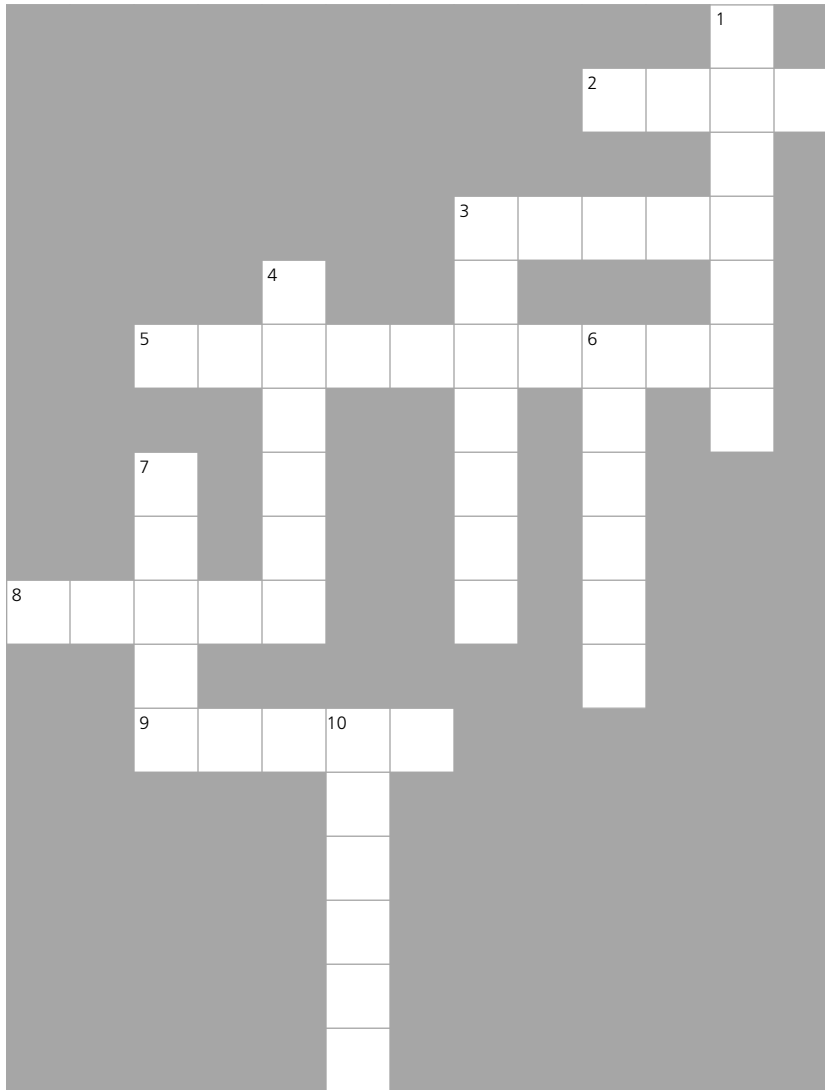
To help you understand the instructions, consider this example of a message built off of the word "helped":

h e  
g i v e s  
a l l  
h e l p  
s t r e n g t h  
d e t e r m i n a t i o n

**s  
t  
r  
e  
n  
g  
t  
h  
e  
n**



TOUGH LIKE JESUS



Across

- 2. To have a conversation with God
- 3. God's helper
- 5. To gain energy
- 8. Found in veins
- 9. Perspire

Down

- 1. Rain is \_\_\_\_\_ from the clouds.
- 3. To be troubled to the point of pain
- 4. Seeds are planted in the \_\_\_\_\_.
- 6. Place where God resides
- 7. When an object falls
- 10. To come into view