



# UPHILL battle

## **WATCH** it

This video reminds students that someone is always watching them, looking for their next move. The struggle is easier when they realize they are not alone.

## **READ** it

James 5: 7-11  
Psalms 37: 23-24  
1 Peter 4: 12-19  
Philippians 4: 13

## **LIVE** it

Remind students that the daily grind of life can frustrate even the strongest Christian. Without the strength provided by God, we would all fail. Our hope is made new in the fact that God desires to use our lives as examples to others. Help students to trust the Holy Spirit to give them the strength to make a difference.

## **DISCUSS** it

~Where are some places you turn for help when you get frustrated with life?

~How can you know if you are making a difference for the Lord?

~When the video said, "You are not alone," what exactly did this mean?

~Life is tough. Where do you get the strength to live a Christian life?