

GODLY ENDURANCE

Matthew 24:13



FREE PDF RESOURCE

ENDURANCE STARTER GUIDE

keep going with God

A simple first guide for people rebuilding faith, returning to Scripture, and learning how to keep walking with God one honest step at a time.

START HERE

GODLY ENDURANCE

PDF

ENDURANCE STARTER · 01

Endurance is not pretending life is easy. It is learning to stay rooted when life is loud, confusing, tiring, or new.

1

RETURN

Come back to God without performing. Tell the truth about where you are, then receive the mercy that meets you there.

- Name what has been heavy.
- Ask God for a clean next step.
- Choose one Scripture to sit with.

2

ROOT

Build small rhythms that can survive a real week. Fifteen faithful minutes can become an anchor.

- Read slowly.
- Pray honestly.
- Write one response.

ENDURANCE PRAYER

Lord, thank You for showing us what faithful endurance looks like. I pray that You may teach me to follow You steadily. Give me a heart that returns, roots itself in Your Word, and keeps choosing the narrow way when it would be easier to drift. Thank You, Jesus. Amen.

A SIMPLE DAILY RHYTHM

1. Pause for one quiet breath.
2. Read a short Scripture passage.
3. Underline one word or phrase.
4. Pray from what stood out.
5. Choose one faithful action.

STARTER PASSAGES

- Matthew 24:13
- John 15:1-11
- Psalm 27
- Hebrews 12:1-3
- James 1:2-8
- Galatians 6:9

ENDURANCE STARTER

1-day reset

GODLY ENDURANCE

Use this week as a reset, not a test. The goal is not to prove you are strong. The goal is to practice returning.

1

STILLNESS

Read Psalm 46. Where do you need to stop striving and let God be God?

2

HONESTY

Read Psalm 139. Tell God what you have been carrying without editing yourself.

3

REPENTANCE

Read 1 John 1. Ask where you need cleansing, courage, and a new direction.

4

ABIDING

Read John 15. What would it look like to stay connected instead of striving alone?

5

PERSEVERING

Read Hebrews 12. Lay aside one weight and fix your eyes back on Jesus.

6

SERVING

Read Galatians 6. Choose one quiet act of good you can do without applause.

DAY 7: REMEMBER

Look back over the week. What did God reveal, restore, challenge, or strengthen? Write it down so you can return to it later.

DAY	READ	PRAYED	ONE STEP	NOTES
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

These prompts are for prayer, journaling, or conversation with someone walking with you.

WHERE DO I FEEL TIRED, DISTRACTED, OR TEMPTED TO QUIT?

WHAT TRUTH FROM SCRIPTURE DO I NEED TO HOLD ONTO THIS WEEK?

WHAT IS ONE OBEDIENT NEXT STEP I CAN TAKE IN THE NEXT 24 HOURS?

WHO CAN I INVITE TO PRAY WITH ME OR CHECK ON ME?

CLOSING BLESSING

May your faith become steady, your heart become tender, and your life become a testimony that God sustains what He starts. Amen.

