

Key Verse: Galatians 6:9 – *“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”*

SUMMARY

Life is full of challenges and obstacles that can make you want to quit. Whether it’s a new hobby, schoolwork, sports, or even growing in your faith, it’s easy to get discouraged when results don’t come immediately. But obstacles aren’t meant to stop you—they’re opportunities to grow stronger, learn patience, and develop perseverance. When you stick with what’s important, keep showing up, and trust God through the process, you will see growth and “fruit” in your life. Just like Luis in our story, choosing to push through the hard parts helps you become the person God created you to be.

ICEBREAKER

Think about a time you wanted to quit something—what was it, and why did you feel like giving up?

DISCUSSION STARTER

Why do you think it’s easier to give up when something gets hard, even if it’s important to you

DISCUSSION QUESTIONS

1. What are some “obstacles” in your life that could help you grow if you stick with them?
2. How does the Bible verse from Galatians 6:9 encourage you to keep going?
3. What role do friends and mentors play when you feel like quitting?
4. How can reminding yourself of your ‘why’ help you overcome challenges this week?

ACTIVITY:

“Growth Challenge” – Give each student a small sticky note or piece of paper. Have them write down one challenge they’re currently facing (school, sports, friendships, or personal goals). Then, have them fold it in half and write one concrete action step they can take this week to move through that obstacle. Collect the notes and mix them up, then let students randomly pick one note (not their own) and encourage each other by sharing tips or words of encouragement on how to tackle that challenge.

WRAP-UP

Obstacles are not just roadblocks—they are stepping stones. Every challenge you face is an opportunity to grow stronger, wiser, and more resilient. The next time you feel like giving up, remember that God is shaping you and that every effort you make matters. Stick with it, open up to trusted friends or mentors, and remind yourself of your purpose. *Obstacles are opportunities to grow, and God is with you every step of the way.*