Endurance

The ability to withstand difficulties and hardship is called endurance. Life is often filled with many challenges. Individuals are challenged by fear, sickness, poverty, academic difficulties and even abuse. They however, must endure such difficulties and persevere.

There are many scriptures that encourage individuals to persevere in the face of difficulties. Paul encouraged Timothy to "take part in suffering like a loyal soldier of Christ Jesus" (II Timothy 2:3).

I Corinthians 13:7 tells us that "love endures all things."

There are many every day examples of persons who overcame great challenges. Some of them are Sir Lynden Pindling, Dame Doris Johnson and Sir Sidney Poitier. They all endured poverty, discrimination and other challenges to become successful in life.

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Christians can be confident that God will help them to endure and overcome any difficulty. He rewards those who never give up. Ways to cope during difficult times include:

- Pray often
- Read the Bible and memorize scriptures about coping
- Talk to a special friend, teacher or guidance counselor
- Participate in activities that bring enjoyment
- Keep a positive attitude.

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