



# ENDURANCE

HEBREWS 10:36

## Day 1: What Does Endurance Mean?

### Scripture Reading:

Hebrews 10:36 (ESV) “For you have need of endurance so that when you have done the will of God you may receive what is promised.”

### Observation:

Marriam-Webster defines endurance as “1: the ability to withstand hardship or adversity; especially the ability to sustain a prolonged stressful effort or activity; a marathon runner's **endurance**. 2: the act or an instance of enduring or suffering; **endurance** of many hardships.”

I could never understand why my high school soccer coach made us run at the end of practice. Most of us were exhausted from the drills, running play after play, hustling up and down the field. It wasn't until we actually played a game, when it was late in the final half, did I understand how much those end of practice runs came into play. Those late practice runs gave us the endurance we needed to finish well.

The writer of Hebrews speaks to us in today's verse about the need for endurance. Doing the will of God may leave us feeling exhausted but the writer goes on to say that it is so we may receive what is promised!

### Application:

- When you hear the word endurance, what does it mean to you?
- Describe a time when you had to endure a painful situation.
- Describe a time when you gave up rather than endured.
- When you think of endurance, what Biblical Character comes to mind? Why?

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