



# HANGING ON

Exploring Endurance



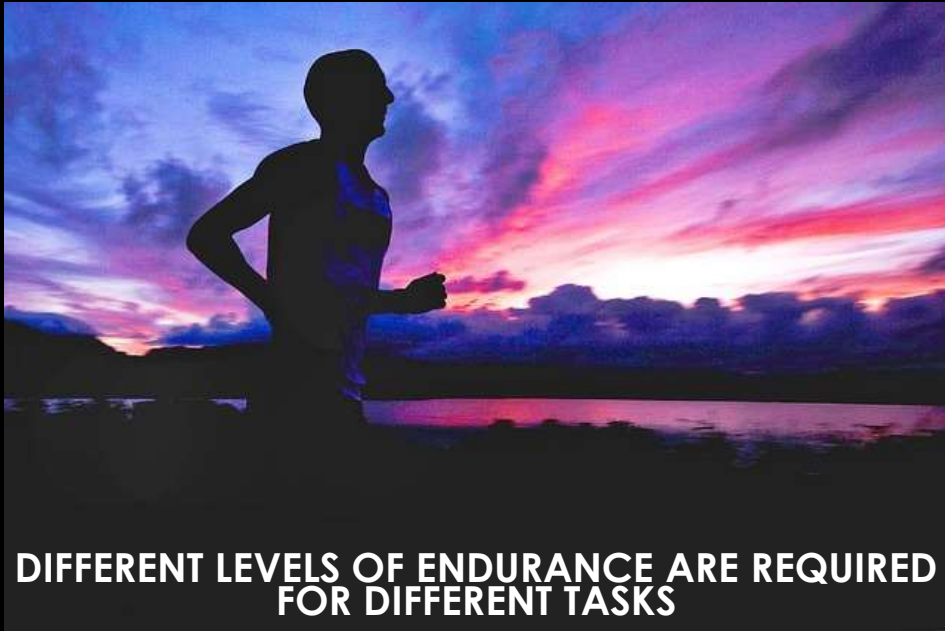
# The strength to hang on...

We all need it. Endurance.

“For you have need of endurance, so that when you have done the will of God, you may receive what was promised.”

*Hebrews 10:36*

Where does that strength come from?



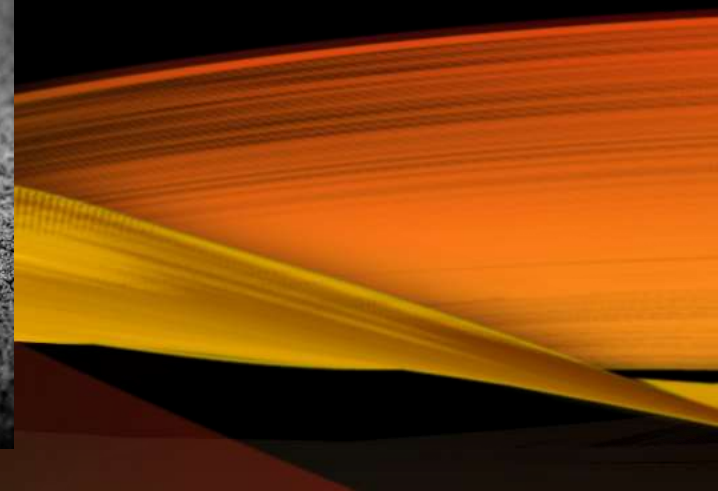
**DIFFERENT LEVELS OF ENDURANCE ARE REQUIRED FOR DIFFERENT TASKS**

**RUNNING A MARATHON VERSUS...**



**SURVIVING ON A CITY SIDEWALK...**

**VERSUS SURVIVING THE HORRORS OF WAR**





Webster's Dictionary defines **Endurance** as:

- The ability to withstand hardship or adversity
- The ability to sustain a prolonged stressful effort or activity
- The act or an instance of enduring or suffering
- Permanence, duration



“And where does the power come from, to see the race to its end? From within.”

*Eric Liddell, Olympic gold medalist, 1924*

## LET'S LOOK AT SOME WAYS JARL HAD ENDURANCE, AND SEE HOW YOU CAN DEVELOP IT, TOO!



**Now for the endurance to learn...  
Grab a pen and paper to take some  
notes.**

Jarl demonstrated endurance in several ways. We'll look at a few from Chapters 41-50.



“Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces **endurance**. And let **endurance** have its perfect result, so that you may be perfect and complete, lacking in nothing.

*James 1:2-4*

## CHAPTERS 41-50

### Where endurance begins -

#### Contrasts -

- How did what Jarl discovered about the manna in Chapter 41 contrast with the Israelites real experience with manna in Numbers 11:4-9?
- What reward did Jarl experience when he understood how the manna worked?

- Jarl endured eating the manna in its original state for 3 years before learning how to use it. What heart attitude made the difference for him?

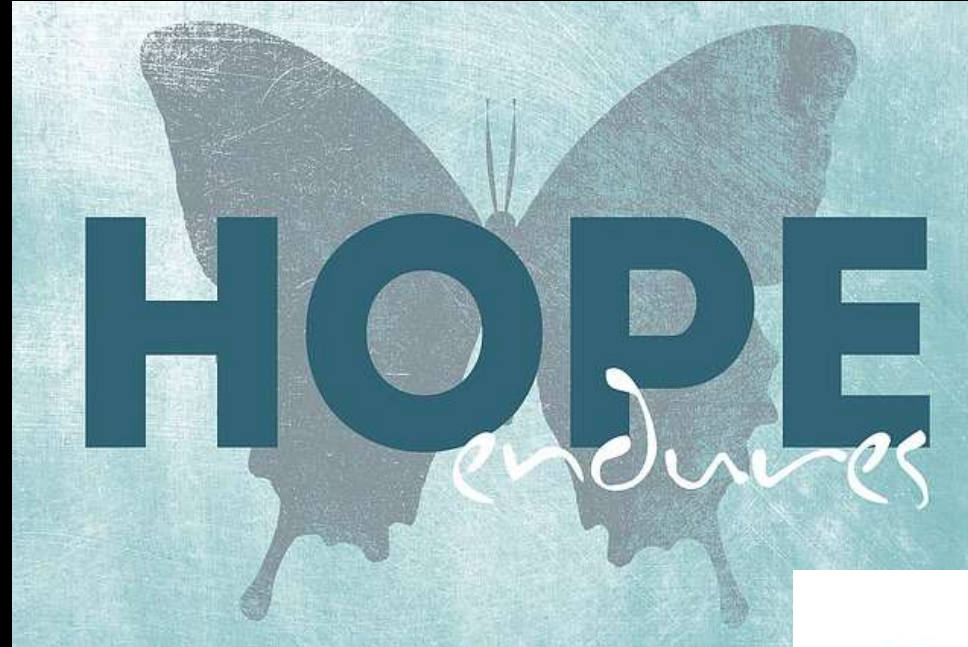


- How can this attitude affect how well **you** endure difficulty?

# HELP FOR ENDURANCE

In Chapter 43, Menelek said that “Everything needed for life and godliness has been given.” Read 2 Peter 1:3 - through what has this all been given?

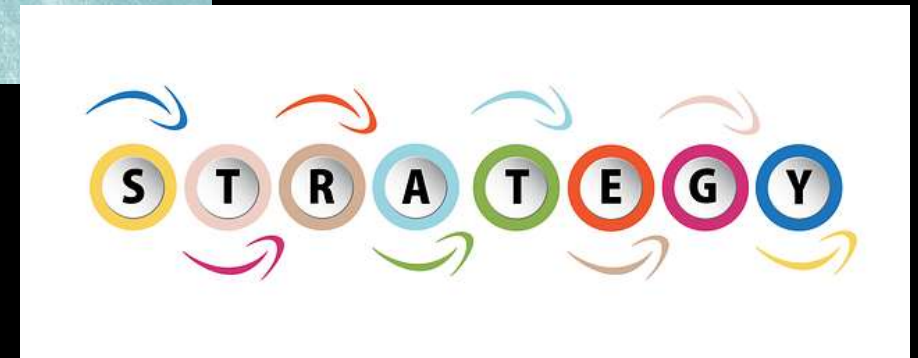
Menelek also mentioned that a way is always provided. How is it provided?



The ability to endure often has its beginning within - in a seed of hope.

The “how to” of endurance almost always involves strategy or a plan.

Where does hope exist in your life? Is it followed up with a plan?



# A STRATEGY FOR ENDURANCE

Jarl was given a strategy so that people on earth could endure the difficult times coming and be protected.

What did this strategy entail?

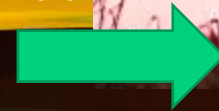
1<sup>st</sup> – he was given information and shown WHAT to look for.



Then he was shown HOW and WHERE to look in Chapter 43.



And finally he found what he was looking for and could move forward in Chapter 44





# THE KEY

Where does the **hope** come from to seek the **strategy** to **endure** in difficult situations?



“...fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before him **endured** the cross, despising the shame, and has sat down at the right hand of God.”

*Hebrews 12:2*

# JUST WHEN THINGS WERE GOING SO WELL...



A map orb to  
show the way

## Challenges

Chapter 47 throws a wrench into Jarl's task. He was faced with frightening unknowns and had to endure evil resistance and feeling helpless.

How do you endure when you experience those feelings? What thoughts go through your mind?



Enduring the unknown

# HOW TO MAKE IT THROUGH

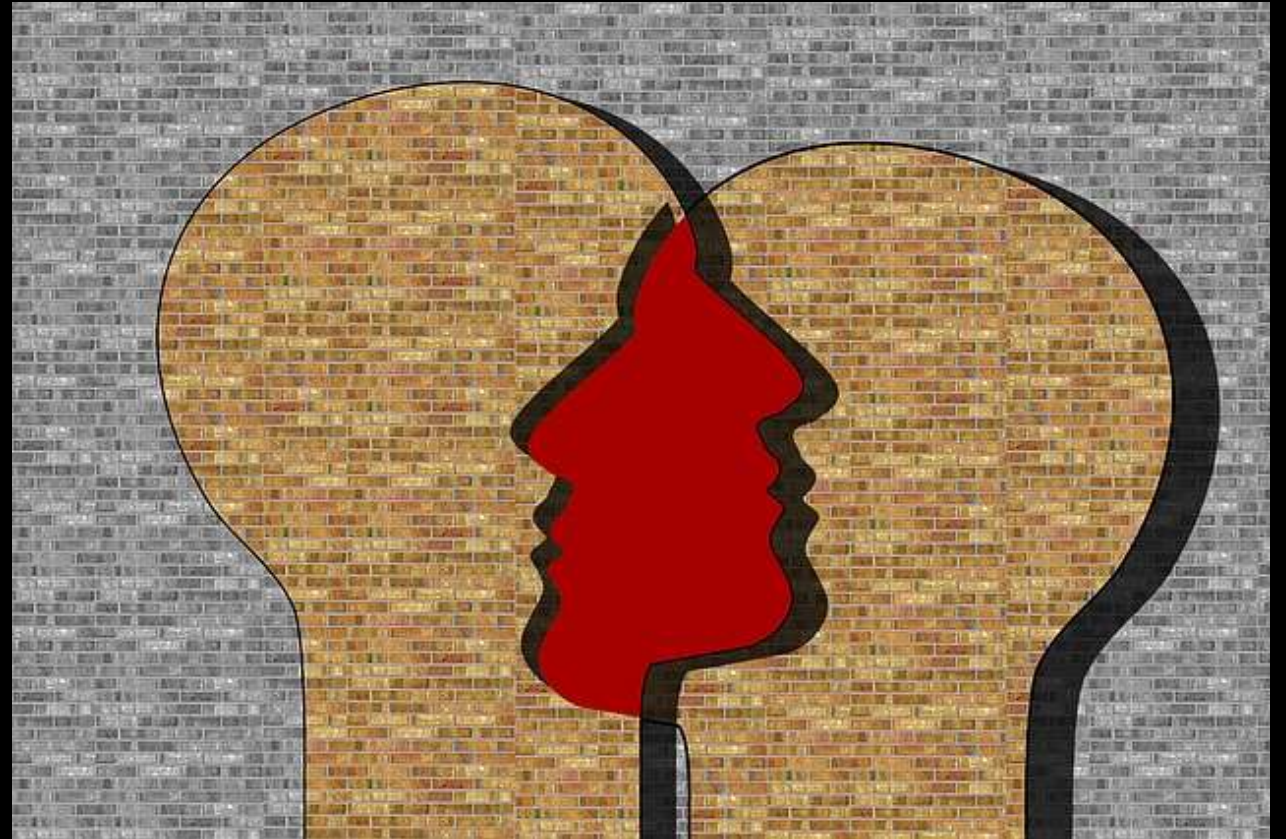
It's hard to endure missing someone. Especially when that someone is yourself!

What two things did Jarl employ in order to reunite himself?

He gathered \* \_\_\_\_\_ from Marie's story in Chapter 49.

He asked for \* \_\_\_\_\_ to get all of his selves in one spot in Chapter 50. (\*answers on side)

How can the things Jarl did give you some principles to help you endure rough times?



# REAL-LIFE EXAMPLES OF ENDURANCE

## Moses

Moses' first 80 years had their ups and downs. He was raised in luxury, but had to flee when he murdered a man when he was 40. His next 40 years were spent tending sheep in the desert.

Then God called to him from a burning bush and his life changed dramatically. For his last 40 years, he led the children of Israel through the wilderness to the Promised Land. This wasn't an easy task – the Israelites did a lot of whining, complaining and rebelling.

**BUT he endured.**

And completed his task successfully!

You can read his story in the books of Exodus and Deuteronomy

## Jesus

“For consider him who endured such hostility by sinners against himself, so that you will not grow weary and lose heart.”

*Hebrews 12:3*

Jesus endured more physical torture than almost any other human, but that was combined with the spiritual torture of taking the sin of every human who has or will ever live on himself in order to pay for it. It is safe to say that he endured more than anyone else ever has or ever will.

**BUT he did endure it.**

And triumphed!

You can read his story in the books of Matthew, Mark, Luke and John

# ENDURANCE IS A LEARNED SKILL



Endure, and thrive!

We aren't born knowing how to endure. We learn it as we go through difficult situations.

We can try to endure tough things using our own strength or by trying to rely on other people to strengthen us. Both of those methods have limitations and will eventually fail.

"The lovingkindness of God endures all day long" All day long, every day - you could instead rely on this to give you the hope and strategy needed to endure.

# WRAPPING IT UP



## Main Takeaway -

What is your one main takeaway from Jarl's acting with endurance in Chapters 41-50?



## Perspective -

What are your thoughts on how **endurance** played out in this section?



## Application -

How is your endurance?  
Long-lasting? Short?

How can you increase endurance in relation to interacting with God? Family? Friends? Employer?