

Scribbled Truths about

Perseverance



Hi everyone, welcome to this edition of Scribbled Truths looking at Perseverance.

The frog that persevered

A young frog lived in a muddy pond with his family where he learnt to swim. 'Keep trying,' his family croaked. Frog kicked his legs; he didn't give up and soon he had learnt to swim. One day frog decided to explore. He hopped out of the water and headed towards a nearby farm. Soon he came to a shed where cows were milked and it looked like an exciting place, so frog took a large leap inside and landed straight in a bucket of cream! He tried to hop out, but the sides of the bucket were too slippery and too high. Frog kicked his legs again and again but there was no escape. He began to grow tired and feared that he would sink and drown.

He thought of his family at home in the pond. He remembered how they had told him to 'Keep trying'. 'I will keep trying,' the frog said to himself. He kicked his legs, again and again until something odd started to happen, he felt the cream getting thicker. Frog kept on kicking and eventually found that he was sitting on something that looked like yellow mud. The cream had turned to butter! He gave one last huge leap and finally he was free!



Into the Bible

In the story above the frog persevered during a difficult time but it was his family that helped him to keep trying and gave him the strength and hope to keep going. Christians believe that, just like the frog's family, God helps us to persevere during difficult times and gives us strength and hope to keep going.

In the Bible, which is a special book for Christians, it says: '*And we boast in the hope of the glory of God. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.*' (you can find this in the Bible in a book called Romans, in chapter 5. This version is the NIVUK).

F.R.O.G

The word F.R.O.G could stand for Fully Rely On God.
 There are some fun actions in this Christian F.R.O.G song
<https://www.youtube.com/watch?v=5RcQGzuNE9A>



Questions



What does the word 'perseverance' mean to you?
Who or what helps you to 'keep trying'?
How can you help others to 'keep trying'?
Is there anything in your life right now that you are struggling to persevere with?

Perseverance activity



Why not have a go at making your own butter!

You will need: 1 tub of double cream (this needs to be at room temperature. If taking it from the fridge, leave it in a warm room for an hour), 1 jam jar with lid and **lots of perseverance!**

Time it takes: 15 - 30 minutes

Method:

1. Pour some cream into the jar so that it is about a quarter full (don't put in too much as the cream needs lots of room to move around in the jar).
 2. Put the lid securely on the jar and then shake vigorously (shake it up and down so that the cream hits the top and bottom of the jar. This takes a lot of energy and effort but keep going it will be worth it).
 3. After a while the cream will start to become thick and eventually the butter will form. The cream will have separated into the firm butter and some thick creamy buttermilk around it.
 4. Pour out the buttermilk (but you can keep this to use in other recipes) and pour a little cold water into the jar. Shake lightly for 5 seconds then throw the water away. Repeat until the water is clear and you have removed all the buttermilk from the outside of the butter.
 5. You should now have a jar of butter that you can spread on bread and eat!
- * As an added extra you could add a little salt or herbs to the cream before shaking to make salted or herby butter.



Perseverance Craft



Using a cardboard tube, stick or staple one side together to form a kind of cup (see photo above), colour in the tube, add eyes, legs and string or ribbon as a tongue to make it look like a frog. Screw up a small ball of paper and stick to the end of the tongue (you could make this look like a fly or a ball of butter!). Use your completed craft to play a perseverance catching game by holding the frog and flipping it to try and get the fly or butter ball into the mouth of the frog.