



### ***March On in Strength!***

By Crystal Knapp

- Share something you've done in the past that was hard.
- Are you going through something hard now?
- Do you sometimes feel like giving up?

### Bonus Questions

- Have you ever encouraged someone who was going to give up? How did it make you feel? Did it help them?
- What do you think of what Deborah told herself?
- Have you ever considered talking to or coaching yourself out loud?

Reach UP to God:

Try saying what Deborah said -- "March on, my Soul, in strength!" Ask God for courage to keep walking forward.

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