



Perseverance

Growth Plan Guide
Centennial Covenant Church

What is perseverance?

“Continued effort to do or achieve something despite difficulty, failure or opposition, even in the midst of the painfilled world. To stand firm or remain.”

---Pastor Karl Helvig, Sermon on Perseverance May 23, 2021

Scripture

Romans 5:1-5

Related Character Qualities

A person who is: Patient, Trusting, Surrendered, Grateful

Cognitive Learning Resources

Note: Not all resources necessarily represent the views of Centennial Covenant Church nor are all resources listed always from a faith based tradition. The goal is to find the gems in the resource even if not all that is engaged is agreed upon by the reader.

- [Sermon on Perseverance](#) by Pastor Karl Helvig at CCC.
- [A Long Obedience In The Same Direction](#) by Eugene Peterson
- Although written for counselors who must practice perseverance with others, consider this book as you also walk alongside those who suffer: [In Our Lives First: Meditations for Counselors](#) by Diane Langberg and if you wish to know more about the abuse of power in the church and those who suffer under it, consider: [Redeeming Power](#) by Diane Langberg. This book will inform your ability to be longsuffering.
- Watch the video [Godspeed: The Pace of Being Known](#). Consider engaging the [eight week study guide](#).
- [The Pulse of Perseverance: Three Black Doctors on Their Journey to Success](#) by Johnson, Madhere and Semian
- [Perseverance](#) by Margaret Wheatley

Practices That May Nurture Perseverance

Note: Please review The Spiritual Disciplines Handbook by Adele Calhoun to see if anything inspires you.

- Practice boasting in God’s glory (who he is and what he did in the midst of evil) rather than in what humans accomplished.
- Boast in your own suffering by practice the discipline of gratitude. Keep a gratitude jar on your table. As a way “to remain” involved in the hardship without giving into despair, choose to write down what you are grateful for.

- Contemplate the love of God in contemplative prayer each day/week.
- Practice lingering in relationship and in situations. Don't be as much in a hurry to "get through."
- Engage in the practice of listening with empathy to others instead of being reactionary. Work to actively work to listen in certain contexts that are more difficult to do so.
- Similar to the above, intentionally spend time with someone who is suffering from having been hurt by others or by overall life situations (death/loss). Allow them to tell their story over and over again until they don't need to tell it anymore. Try not to fix or give advice.
- Practice acts of service towards those who both need to be served and those you tend to avoid due to a lack of perseverance.
- Practice perseverance with others by holding your tongue in situations where this is hard for you to do.
- Practice perseverance with self by sharing your story of suffering with someone who is trustworthy. If you have suffered from abuse, it is often wise to seek counseling so that you can discern well who should be a receiver of your story.