



NAME: _____

GRADE: _____

What you hold in your hand is an incredible resource, a tool designed to help us effectively partner with parents and lead children into a growing relationship with God.

Contained within the pages of this booklet you'll find:

- a. Important scriptures, such as our memory verse.
- b. Amazing and relevant Bible stories.
- c. Key points that make up the exciting messages planned for this entire series.
- d. A place to stamp for each service attended.

This booklet was created to inform you of exactly what our children's ministry will speak about each service. You'll be able to review with your children the messages covered, and also look ahead as the series unfolds.

So partner with us and help your children learn responsibility by bringing this booklet every service. Each time they visit, we will put a stamp in their book to show that they attended, and also filled out each point of that day's lesson in this book.

As an added incentive, we'll continue to give a special reward to those who have attended each day.



“Courage”

Their sh-ifu was gone. His battles were epic, and his victories legendary. In Chinese, the name shīfu can mean teacher, or master. Moses certainly was both of these. He did so much for God’s people, helping to deliver them from the might of an enslaving nation – and setting up a dynasty that would last for many years to come. Yet now, the master was gone.

The book of Joshua starts out with a tragedy: Moses was dead. And yet out of the ashes and grief of this great loss arose a hero, a man of courage and valor who would lead God’s people to their ultimate destiny.

Joshua wasn’t chosen because of his money or appearance. He was chosen because of his courage. Courage is being brave enough to act on what you believe, no matter what. In his case, he had a choice to make, and it’s the same one you have before you: who are you going to serve?

You cannot serve two masters. You have only one choice, and you’d better make it the right one. It may take courage to stand up for what you believe in, but you can be certain that God is watching. Joshua was ready to serve Him, and challenged all of the Israelites with this simple choice: who are you going to serve?

Choose God. He will not desert you. Draw close to Him, and He’ll draw close to you. When you serve God, He will serve you. And when you know that God is near, you’ll know that you do not have a spirit of fear, but of power and a sound mind.

Others may lack the courage to stand up for what they believe. You are not like that though. You may face difficult situations in life, things that bring fear to many people. But if you choose to serve God, He will give you the bravery to face life’s challenges head on. He’ll give you courage!



“Courage”

“I will give all of you every place you walk on, just as I promised Moses. Your territory will reach from the Negev Desert all the way to Lebanon. The great Euphrates River will be to the east. The Mediterranean Sea will be to the west. Your territory will include all of the Hittite country.

“Joshua, no one will be able to stand up against you as long as you live. I will be with you, just as I was with Moses. I will never leave you. I will never desert you.

“Be strong and brave. You will lead these people, and they will take the land as their very own. It is the land I promised with an oath to give their people long ago.

“Be strong and very brave. Make sure you obey the whole law my servant Moses gave you. Do not turn away from it to the right or the left. Then you will have success everywhere you go. Never stop reading this Scroll of the Law. Day and night you must think about what it says. Make sure you do everything that is written in it. Then things will go well with you. And you will have great success.

“Here is what I am commanding you to do. Be strong and brave. Do not be terrified. Do not lose hope. I am the Lord your God. I will be with you everywhere you go.”

Joshua 1:3-9 NIRV



1. _____ : Being brave enough to act on what you believe, no matter what. What do you really believe? If God be for us, who can be against us?

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” Joshua 1:9 NIV

A. COURAGE

B. DISCIPLINE

C. STRENGTH

2. You _____ serve two masters. You have only one choice, and you'd better make it the right one. It may take courage to stand up for what you believe in, but you can be certain that God is watching. Joshua was ready to serve Him, and challenged all of the Israelites with this simple choice: who are you going to serve?

“But suppose you don't want to serve Him. Then choose for yourselves right now whom you will serve. You can choose the gods your people served east of the Euphrates River. Or you can choose the gods the Amorites serve. After all, you are living in their land. But as for me and my family, we will serve the Lord.” Joshua 24:15 NIRV

A. MAY

B. SHOULD

C. CANNOT

3. He will not _____ you. Draw close to Him, and He'll draw close to you. When you serve God, He will serve you. And when you know that God is near, you'll know that you do not have a spirit of fear, but of power and a sound mind.

“Joshua, no one will be able to stand up against you as long as you live. I will be with you, just as I was with Moses. I will never leave you. I will never desert you.” Joshua 1:5 NIRV

A. DESERT

B. HELP

C. KEEP



Memory Verse: “ Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” Joshua 1:9 NIV

Notes

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“Patience”

Students, if there is one virtue you cannot do without, it is... wait for it... patience. This virtue is clearly shown in the story of one member of the Furious Five: the Mantis.

What is patience? Simply put, it is enduring through delays, trouble or suffering without getting upset. The Mantis symbolizes patience, and prayer. If you’ve ever studied a praying mantis, you can see his careful movements – not at all quick and impulsive. Great thought goes into each step. And notice as well the arms of the mantis, bent as if in perpetual prayer: In the Bible, Paul tells us to pray without ceasing, right after asking us to be patient and put up with one another.

Patience and prayer: The two go together hand in hand, and bring peace and serenity to one’s heart. Your lesson today is this: with patience and prayer you will find the most powerful tools of a warrior.

But not having patience can lead to trouble. Look to the Bible once more: in the Old Testament, King Saul was an impatient man. He ignored God’s instructions when he chose to do things on his own. He tried to rush God, which is not a good idea. God’s timing is perfect, and as King Saul learned, our timing is not. Learn from his mistake, and learn to listen to God’s word. We must not rush out impatiently, even if everything around us is screaming to run into action. If we are not ready, the results can be tragic.

So wait for it. This is the good advice of the Mantis. We must be patient, and we must be still. In the movie, “The Karate Kid,” the wise teacher Mr. Han said that, “Being still and doing nothing are two very different things.” In our Bibles, the Author of the universe tells us to “Be still and know that I am God.” Trust Him, talk to Him, and know Him, and you will know God’s perfect timing for your life. The more you pray, the more you will have one of the most powerful tools of the warrior: patience.



“Patience”

“Be still and know that I am God.” **Psalm 46:10 NIRV**

“Being still and doing nothing are two very different things.” – **Mr. Han**



1. _____: Enduring through delays, trouble or suffering without getting upset. The mantis symbolizes patience – and prayer. The two go together hand in hand, and bring peace and serenity to one’s heart. With patience and prayer you will find power.

“We don’t want you to slow down. Instead, be like those who have faith and are patient. They will receive what God promised.” Hebrews 6:12 NIRV

A. COURAGE

B. LOVE

C. PATIENCE

2. Don’t _____ God. King Saul was impatient. He ignored God’s instructions when he chose to do things on his own. Listen to God’s word, and do what you can to become prepared.

“You did a foolish thing,” Samuel said. “You haven’t obeyed the command the Lord your God gave you. If you had, he would have made your kingdom secure over Israel for all time to come.” 1 Samuel 13:13 NIRV

A. PRAISE

B. FORGIVE

C. RUSH

3. _____ for it. In the movie, “The Karate Kid,” the wise teacher Mr. Han said that, “Being still and doing nothing are two very different things.” In our Bibles, the Author of the universe tells us to “Be still and know that I am God.” Trust Him, talk to Him, and know Him – and you will know God’s perfect timing for your life.

“Be still and know that I am God.” Psalm 46:10 NIRV

A. RUN

B. FIGHT

C. WAIT



Memory Verse: *“We don’t want you to slow down. Instead, be like those who have faith and are patient. They will receive what God promised.”*
Hebrews 6:12 NIRV

Notes

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“Resourcefulness”

A good warrior is always resourceful. That’s using what you’ve been given to answer life’s challenges. We’ve all been given gifts, but these gifts are not just physical items or natural abilities. Sometimes our gifts come from training, or our history. In our Bibles, a young David was resourceful when stepping up to Goliath, thanks to his training in the wilderness, watching after and protecting his flock. Though King Saul told him Goliath had been a fighting man ever since he was a boy, the truth was that David had been training with God all his life!

Many may look down on your abilities, and maybe that includes even you yourself. But you should never underestimate your talent. Viper, a member of the Furious Five, saw that her father had not valued her gift of dance. How surprised he was to see her use it to take down a giant that threatened the whole village! Similarly, we all know the story of David defeating Goliath. But how many remembered how unappreciated he himself was? The prophet Samuel didn’t at first recognize the greatness in David. Even King Saul thought he was too young. In man’s eyes, he was certainly the youthful, most unlikely warrior of all. Yet he was the only one who would stop the threat of the giant!

The lesson for us all is easy: use your God-given gifts to save the day. God has given us all resources to help others. We’re given these gifts to become great warriors, and to help rescue God’s people.

There are those out there in trouble. Call forth your courage and prepare for battle! It’s time to step forward with the resourcefulness of a true warrior!



“Resourcefulness”

David said to Saul, “Don’t let anyone lose hope because of that Philistine. I’ll go out and fight him.”

Saul replied, “You aren’t able to go out there and fight that Philistine. You are too young. He’s been a fighting man ever since he was a boy.”

But David said to Saul, “I’ve been taking care of my father’s sheep. Sometimes a lion or a bear would come and carry off a sheep from the flock. Then I would go after it and hit it. I would save the sheep it was carrying in its mouth. If it turned around to attack me, I would grab hold of its hair. I would strike it down and kill it. In fact, I’ve killed both a lion and a bear. I’ll do the same thing to this Philistine. He isn’t even circumcised. He has dared the armies of the living God to fight him.

“The Lord saved me from the paw of the lion. He saved me from the paw of the bear. And he’ll save me from the powerful hand of this Philistine too.”

Saul said to David, “Go. And may the Lord be with you.”

Then Saul dressed David in his own military clothes. He put a coat of armor on him. He put a bronze helmet on his head. David put on Saul’s sword over his clothes. He walked around for a while in all of that armor because he wasn’t used to it.

“I can’t go out there in all of this armor,” he said to Saul. “I’m not used to it.” So he took it off.

Then David picked up his wooden staff. He went down to a stream and chose five smooth stones. He put them in the pocket of his shepherd’s bag. Then he took his sling in his hand and approached Goliath.

1 Samuel 17:32-40 NIRV



1. _____ : Using what you've been given to answer life's challenges. We've all been given gifts, but these gifts are not just physical items or natural abilities. Sometimes our gifts come from training, or our history. In our Bibles, a young David was resourceful when stepping up to Goliath, thanks to his training in the wilderness, watching after and protecting his flock.

"Then David picked up his wooden staff. He went down to a stream and chose five smooth stones. He put them in the pocket of his shepherd's bag. Then he took his sling in his hand and approached Goliath." 1 Samuel 17:40 NIRV

A. RESOURCEFULNESS

B. HONESTY

C. DILIGENCE

2. Don't _____ your gift. We all know the story of David defeating Goliath. But how many remembered how unappreciated he himself was? In man's eyes, he was certainly the youngest, most unlikely warrior of all. Yet he was the only one who would stop the threat of the giant!

"Saul replied, 'You aren't able to go out there and fight that Philistine. You are too young. He's been a fighting man ever since he was a boy.'"

1 Samuel 17:33 NIRV

A. USE

B. UNDERESTIMATE

C. RETURN

3. Use it to _____ the day. God has given us all resources to help others. We're given these gifts to become great warriors, and to help rescue God's people. There are those out there in trouble. Call forth your courage and step forth to battle!

"Every good and perfect gift is from God. It comes down from the Father. He created the heavenly lights. He does not change like shadows that move."

James 1:17 NIRV

A. SAVE

B. KEEP

C. FORGET



Memory Verse: *“Every good and perfect gift is from God. It comes down from the Father. He created the heavenly lights. He does not change like shadows that move.” James 1:17 NIRV*

Notes

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“Self-Control”

There is yet another virtue you cannot do without: Self-control. Do you have power over your emotions and actions? It can be a constant battle. One of the biggest obstacles to our becoming a true champion is a lack of control. Tigress is a part of the Furious Five, but could not fulfill her destiny until she learned to control her emotions and actions. It took a while, but you'll never learn if you don't try: just look at the sad case of Samson in the book of Judges. How easily we can all fall when we lack self-control!

Train each day. It takes time to become better at anything, and it takes practice. With self-control, it is a life-long training. We must renew our minds each day just as a warrior spends so much time with exercises at the dojo.

Our darker nature would like nothing more than victory, so we must be ready each day to defeat those temptations that try to sneak in. One final tip from the Master: get help. Tigress got help from Shifu, who showed real love and concern for her. He stayed by her and helped her through her issues, seeing her through good times and bad.

God puts other people in our lives to help us deal with challenges, but we must find people of the right influence. Samson failed at this when he chose Delilah. As a result, he found himself without vision and going in circles. Ask God to help you find a real friend who can help you fight your battles.

Rex Kwon Do's "buddy system" is the real deal! We must be willing to help one another conquer those things that keep us from becoming what God wants us to be: a victorious warrior with absolute self-control.



“Self-Control”

Then she said to him, “How can you say, ‘I love you’? You won’t even share your secret with me. This is the third time you have made me look foolish. And you still haven’t told me the secret of why you are so strong.”

She continued to pester him day after day. She nagged him until he was sick and tired of it.

So he told her everything.

Judges 16:15-17 NIRV

"It doesn't matter how strong you are if none of your attacks connect!"

- **Chun Li**

"Hey, I've been training. Since you've left, my video game scores have, like, doubled." - **Michelangelo**



1. _____ : Having power over your emotions and actions. One of the biggest obstacles to our becoming a true champion is a lack of control. Just look at the sad case of Samson in the book of Judges. How easily we can all fall when we lack self-control!

“A man who can’t control himself is like a city whose walls are broken down.” Proverbs 25:28 NIRV

A. FLEXIBILITY

B. SELF-CONTROL

C. COURAGE

2. _____ each day. It takes time to become better at anything, and it takes practice. With self-control, it is a life-long training – but we must renew our minds each day just as a warrior spends so much time with exercises at the dojo. Our darker nature would like nothing more than victory, so we must be ready each day to defeat those temptations that try to sneak in.

“So prepare your minds for action. Control yourselves.” 1 Peter 1:13 NIRV

A. TRAIN

B. FIGHT

C. SHORYUKEN

3. Get _____. God puts other people in our lives to help us deal with issues, but we must find the right influence. Samson failed at this, and found himself without vision and going in circles. Ask God to help you find a real friend who can help you fight your battles.

“Carry each other’s heavy loads. If you do, you will give the law of Christ its full meaning.” Galatians 6:2 NIRV

A. OVER

B. BY

C. HELP



Memory Verse: "A man who can't control himself is like a city whose walls are broken down." Proverbs 25:28 NIRV

Notes

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“Confidence”

Our lesson begins today with a virtue that no one should be without: Confidence. Confidence is knowing the truth about what God says about you. There are those that may think otherwise, but what God says about you is true. That’s why you need to choose to believe the One who created you. He knows what you’re capable of, and when you draw close to Him, you too will know how far He’ll take you.

In our Bible, a man named Gideon faced a very challenging opponent: himself. God had told him, “You are strong.” And yet the very next thing Gideon did was tell God otherwise, explaining to Him how small and weak his family was, and how unimportant he himself was. Can you imagine arguing with God? Gideon had a terrible self-image. Gideon had zero confidence.

Unfortunately, we all get down from time to time. It happens. We all face times where we lack the self-respect or confidence it takes to be what God wants. That’s why it is critical that we build each other up all the time.

One member of the Furious Five, Crane, had no one to remind him of his potential. It was a sad situation for him, as his thoughts were always on what he thought he could never do. Fortunately, someone stepped forth to encourage him, and help lead him to his destiny. How tragic if we don’t speak kindly to others, and cause them to miss out on God’s promises! A real warrior recognizes the truth in others, lifting them up if they are down.

Gideon rose to the challenge, and overcame his fear and self-doubt. You too can rise up! Read God’s Word, studying His promises about you. It takes time and training to become the champion God wants you to be, but you’ve already got the greatness in you. You can fly higher than a crane, soaring to new heights. All it takes is you, rising up to the challenge. All it takes is a heart filled with confidence.



“Confidence”

The angel of the Lord appeared to Gideon. He said, “Mighty warrior, the Lord is with you.”

“But sir,” Gideon replied, “you say the Lord is with us. Then why has all of this happened to us? Where are all of the wonderful things He has done? Our parents told us about them. They said, ‘Didn’t the Lord bring us up out of Egypt?’ But now the Lord has deserted us. He has handed us over to Midian.”

The Lord turned to Gideon. He said to him, “You are strong. Go and save Israel from the power of Midian. I am sending you.”

“But Lord,” Gideon asked, “how can I possibly save Israel? My family group is the weakest in the tribe of Manasseh. And I’m the least important member of my family.”

The Lord answered, “I will be with you. So you will strike down the men of Midian all at one time.”

Judges 6:12-16 NIRV



1. _____: Knowing the truth about what God says about you. There are those that may think otherwise, but what God says about you is true. Choose to believe the One who created you. He knows what you're capable of, and when you draw close to Him, you too will know how far He'll take you.

"I can do everything by the power of Christ. He gives me strength."
Philippians 4:13 NIRV

A. CONFIDENCE

B. RISK

C. DEDICATION

2. _____ each other up. How tragic if we don't speak kindly to others, and cause them to miss out on God's promises! A real warrior recognizes the truth in others, lifting them up if they are down.

"So cheer each other up with the hope you have. Build each other up. In fact, that's what you are doing." 1 Thessalonians 5:11 NIRV

A. BUILD

B. TEAR

C. KEEP

3. _____ up. It's time to stop moping. It's time to stop believing the lies. Spend time in God's Word, studying His promises about you. It takes time and training to become the champion God wants you to be, but you've already got the greatness in you. All it takes is you, rising up to the challenge.

"God didn't give us a spirit that makes us weak and fearful. He gave us a spirit that gives us power and love. It helps us control ourselves."
2 Timothy 1:7 NIRV

A. SIT

B. RISE

C. SHUT



Memory Verse: *"I can do everything by the power of Christ. He gives me strength." Philippians 4:13 NIRV*

Notes

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“Compassion”

Today, we speak of compassion, a virtue every warrior simply must have. Compassion is understanding someone else’s situation, and doing something to help. As Christians, our job is to see the world with this same compassion. It is how God Himself looked upon us ourselves, despite all of our ugly imperfections. In our final story from the Furious Five, Monkey’s tale shows us real compassion: in defeat, he is shown true grace, and is shown how we must treat others: “...as you want them to treat you.”

An extremely wise man once told us, “Blessed are the peacemakers.” In the Sermon on the Mount, Jesus said these words to us as a challenge to work hard to make peace here on earth. But it is something we all must do – even those who know kung fu. This is clearly explained in “The Karate Kid,” when Mr. Han tells his student, “Kung Fu is not about fighting. It is about making peace with your enemies.” This is the way we must think if we are to please God. It takes much effort, but as Mr. Han also put it, “The best kind of fight is the one you walk away from.”

Be quick to listen, and slow to action! This may seem difficult, but real compassion begins when we start to sympathize with even our enemies. Monkey had an ugly past, which was a bad influence on him: he was hurting, and wanted to bring that same hurt to others. Something had to be done!

Fortunately, a wise master came and saw his life with compassion, rather than raining down fury! Through his story, we learn that true



“Compassion”

“But here is what I tell you who hear me. Love your enemies. Do good to those who hate you. Bless those who call down curses on you. And pray for those who treat you badly.

“Suppose someone hits you on one cheek. Turn your other cheek to him also. Suppose someone takes your coat. Don’t stop him from taking your shirt.

“Give to everyone who asks you. And if anyone takes what belongs to you, don’t ask to get it back. Do to others as you want them to do to you.

“Suppose you love those who love you. Should anyone praise you for that? Even ‘sinners’ love those who love them. And suppose you do good to those who are good to you. Should anyone praise you for that? Even ‘sinners’ do that. And suppose you lend money to those who can pay you back. Should anyone praise you for that? Even a ‘sinner’ lends to ‘sinners,’ expecting them to pay everything back.

“But love your enemies. Do good to them. Lend to them without expecting to get anything back. Then you will receive a lot in return. And you will be sons of the Most High God. He is kind to people who are evil and are not thankful. So have mercy, just as your Father has mercy.”

Luke 6:27-36 NIRV



1. _____: Understanding someone else's situation, and doing something to help. As Christians, our job is to see the world with compassion. It is how God Himself looked upon us, despite all of our ugly imperfections.

"Treat others as you want them to treat you." Luke 6:31 NIRV

A. POWER

B. COMPASSION

C. VISION

2. Blessed are the _____. In the Sermon on the Mount, Jesus said these words to us as a challenge to work hard to make peace here on earth. In "The Karate Kid," Mr. Han tells his student, "Kung Fu is not about fighting. It is about making peace with your enemies." This is the way we must think if we are to please God. It takes much effort, but as Mr. Han also put it, "The best kind of fight is the one you walk away from."

"Blessed are those who make peace. They will be called sons of God."
Matthew 5:9 NIRV

A. WARRIORS

B. PRIDE

C. PEACEMAKERS

3. Be quick to _____, and slow to action! True compassion is understanding everyone, even those who you might be tempted to call "enemy."

"My dear brothers and sisters, be quick to listen, slow to speak, and slow to get angry." James 1:19 NIRV

A. LISTEN

B. KICK

C. THROW



Memory Verse: *“Treat others as you want them to treat you.”*
Luke 6:31 NIRV

Notes

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“Honor”

Of all the virtues, the most important to the warrior is honor. Even before combat with opponents, it is tradition to show respect with a brief bow of honor before the match.

What is honor? It is showing great respect to others, through words and actions. We please God, and we honor Him when we show respect to others. As we walk through life, we represent Him as we encounter those around us. Are you representing Him well? Are you honoring God?

Who do you honor? In 1 Peter 2:7, the Bible tells us to honor all people. The list of those we must honor is very long: our soldiers fighting for our country, our teachers at school, our leaders in government, our leaders in the church and more. One of God’s Ten Commandments even tells us to honor our parents. By doing so we can live a long, healthy life.

In the movie “Mulan,” the title character goes through quite a bit to honor her father. He is weak and older, but someone from his family must go and join the Chinese army. If he goes though – he surely will die. It is for this reason that Mulan herself bravely takes his place, risking her life and paying a great price.

Indeed, showing honor sometimes takes effort, and sometimes it takes sacrifice. But if we are to act with real honor, we must always do the right thing. Yes, there are times that acting this way will have a cost. But God knows all about that: He showed us the greatest honor when He took our place – and paid the ultimate price for each of us.



“Honor”

“My Father will honor the one who serves me.” - **John 12:26 NIRV**

"You know, we have to work on your people skills." - **Mushu**



1. _____: Showing great respect to others, through words and actions. We please God, and we honor Him when we show respect to others. As we walk through life, we represent Him as we encounter those around us. Are you representing Him well? Are you honoring God?

“Honor all people. Love the brotherhood. Fear God. Honor the king.”
1 Peter 2:17 NKJV

A. HONOR

B. PASSION

C. FEARLESSNESS

2. Honor _____ people. The list of those we must honor is very long: our soldiers fighting for our country, our teachers at school, our leaders in government, our leaders in the church and more. One of God’s Ten Commandments even tells us to honor our parents –by doing so we can live a long, healthy life.

“Scripture says, ‘Honor your father and mother.’ That is the first commandment that has a promise.” Ephesians 6:2 NIRV

A. DECENT

B. EVIL

C. ALL

3. Do the right thing, no matter the _____. We act with honor when we do what God is pleased with. There are times that acting this way will have a cost – but God knows all about that: He showed us the greatest honor when He paid the ultimate price for each of us.

“Anyone who wants to be godly and loving finds life, success and honor.”
Proverbs 21:21 NIRV

A. DIFFERENCE

B. COST

C. TIME



Memory Verse: *“Honor all people. Love the brotherhood. Fear God. Honor the king.” 1 Peter 2:17 NKJV*

Notes

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NOTES



“We are full of joy even when we suffer. We know that our suffering gives us the strength to go on. The strength to go on produces character. Character produces hope. And hope will never let us down.” Romans 5:3-5 NIRV

What is determination? Just ask Po, the main character from the movie *“Kung Fu Panda.”* He’s a panda bear with a whole lot of determination, and not a whole lot of talent when it comes to kung fu. In spite of his apparent lack of skills, he stays true to his dream: because a real warrior never quits.

Ask Po what determination is, and he would tell you something like this: It is never quitting, even in the face of adversity. A winner never quits and a quitter never wins. We’ve all been given an assignment by God, a task that only someone with our abilities can accomplish. What is your dream? Are you willing to go the distance to see it come true? Like Po, your wildest dreams can come true so long as you just keep going.

Don’t let others discourage you. Earlier in the movie Po overhears the others talk of how awful he is with kung fu. He doesn’t need reminding – his initial trainings are spectacularly bad. Though we sometimes get discouraged, like Po, we should remember that our greatest glory is not in never failing, but in rising every time we fall.

Just keep telling yourself the truth: A real warrior never quits. Po reminds himself of this each time he fails, as does his master Shifu.

In the movie *“The Karate Kid,”* the wise Mr. Han says it best: “Life will knock us down, but we can choose whether or not to stand back up.” It will happen: we all fall from time to time. Will you get back up again? Remember that a real warrior never quits, especially when he has plenty of determination.



PATH OF THE WARRIOR

The title is rendered in a bold, black, sans-serif font. The words 'PATH' and 'WARRIOR' are on the top and bottom lines respectively, while 'OF THE' is centered between them. The text is set against a background of dark, horizontal brushstrokes. In the upper center, behind the text, is a faint silhouette of a traditional Chinese building with a multi-tiered roof.