

Do Not Give Up

Strength to keep going when you're tired, waiting or ready to quit

TAMMY LODGE

Regulated Woman

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Strength to keep going when you're tired, waiting or ready to quit

One more step

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Contents

Welcome 3

When I Want to Give Up 4

You're Not the First 5

Pressed but Not Crushed 6

Keep Praying 7

Hannah: Year After Year 8

Jacob: I Won't Let Go 9

Joseph: The Long Wait 10

Caleb at Eighty-Five 11

Endurance Builds Something 12

Eyes on Jesus 13

Rest, Don't Quit 14

Giving Up or Letting Go? 15

Just the Right Time 16

One More Step 17

If You're in a Dark Place 18

Prayers and Declarations 19

My Journal 20

A Closing Blessing 21

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Welcome

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.
Galatians 6:9

There are days when you want to give up: on the prayer that hasn't been answered, the dream that hasn't happened, the marriage, the child, the business, the healing, the change you've been fighting for.

You're tired. You've tried. Nothing seems to move.

This booklet is for those days. It's full of people in the Bible who wanted to quit, and a God who met them, strengthened them and carried them through.

This booklet will help you:

- be honest about where you're tempted to give up
- draw strength from those who kept going
- know the difference between giving up, resting and letting go
- take one more step, with God.

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When I Want to Give Up

Being honest

Tick what's true for you right now.

- ☐ I've been praying for a long time, and nothing has changed.
- ☐ I'm exhausted, and I've got nothing left.
- ☐ I've tried everything I know.
- ☐ I feel like I'm failing.
- ☐ Others seem to move forward, but I'm stuck.
- ☐ I'm starting to wonder if God has forgotten me.
- ☐ I'm tempted to go back to old ways.

Where I'm most tempted to give up:

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You're Not the First

They nearly gave up too

WHO	WHAT THEY FACED	WHAT GOD DID
Elijah	So exhausted he asked to die	Let him sleep, fed him, then spoke to him
Hannah	Years of longing and taunting	Heard her prayer and gave her Samuel
Joseph	Thirteen years of betrayal and prison	Raised him up to save many lives
Moses	Felt the burden was too heavy	Gave him helpers to share the load
Jeremiah	Wanted to stop speaking God's word	Put a fire in his bones
Paul	Pressed beyond his ability to endure	Taught him to rely on God

I can do everything through Christ, who gives me strength.
Philippians 4:13

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Pressed but Not Crushed

Knocked down, not destroyed

We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.
2 Corinthians 4:8–9

That is why we never give up.
2 Corinthians 4:16

Where I've been knocked down, but not destroyed:

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Keep Praying

The persistent widow

One day Jesus told his disciples a story to show that they should always pray and never give up.
Luke 18:1

A widow kept coming to an unjust judge, asking for justice. She wouldn't stop. Eventually, he gave her what she asked for.

Jesus said: if even an unjust judge will respond, how much more will God, who loves us, answer His people who cry out to Him day and night (Luke 18:7)?

KEEP PRAYING

- ☐ Write down what I'm praying for, and date it.
- ☐ Keep bringing it to God, even when I'm tired.
- ☐ Ask others to keep praying with me.
- ☐ Thank Him in advance.

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Hannah: Year After Year

She kept going back

Hannah longed for a child. Year after year, she went up to the house of the Lord. Year after year, she was taunted. But she didn't stop going.

> *Hannah was in deep anguish, crying bitterly as she prayed to the Lord.*
> 1 Samuel 1:10

She poured out her heart, left it with God, and went home with peace on her face (1 Samuel 1:18). In time, God gave her Samuel.

What I keep bringing back to God, year after year:

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Jacob: I Won't Let Go

Holding on to God

Jacob wrestled with God all night. Even when his hip was wrenched out of its socket, he held on.

> *"I will not let you go unless you bless me."*
> *Genesis 32:26*

He walked away limping, but blessed, and with a new name.

Sometimes not giving up means holding on to God when everything hurts.

> *Though I fall, I will rise again. Though I sit in darkness, the Lord will be my light.*
> *Micah 7:8*

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Joseph: The Long Wait

From the pit to the palace

Joseph had a dream from God. Then he was thrown into a pit, sold as a slave, falsely accused and forgotten in prison. Thirteen years passed before the dream came true.

But God was with him at every stage (Genesis 39:2, 21).

> *You intended to harm me, but God intended it all for good.*
> *Genesis 50:20*

What God may be doing in my waiting:

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Caleb at Eighty-Five

Still believing

Caleb was promised land when he was forty. He waited forty-five years. At eighty-five, he hadn't given up.

> *I am as strong now as I was when Moses sent me on that journey… So give me the hill country that the Lord promised me.*
> Joshua 14:11–12

It's never too late to take hold of what God has promised.

A *promise I'm still holding on to:*

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Endurance Builds Something

Not wasted

We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation.
Romans 5:3–4

God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life.
James 1:12

What I'm going through isn't wasted. God is building something in me.

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Eyes on Jesus

He endured for me

And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross.
Hebrews 12:1–2

Think of all the hostility he endured from sinful people; then you won't become weary and give up.
Hebrews 12:3

When I'm tempted to quit, I look at Jesus. He didn't give up on me.

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Rest, Don't Quit

Elijah under the tree

When Elijah wanted to give up, God didn't lecture him. He let him sleep. Then an angel brought him food, twice.

Get up and eat some more, or the journey ahead will be too much for you.
1 Kings 19:7

Sometimes I'm not called to push harder. I'm called to rest, eat, recover and then keep going.

But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.
Isaiah 40:31

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Giving Up or Letting Go?

Knowing the difference

Not giving up doesn't mean holding on to everything. Sometimes God asks us to let go.

GIVING UP	RESTING	LETTING GO
Walking away from what God has promised	Pausing to recover strength	Releasing what God hasn't asked me to carry
Driven by despair	Led by wisdom	Led by peace
"It's hopeless"	"I'll keep going after I rest"	"This isn't mine to hold"

Is this a time to keep going, to rest, or to let go?

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Just the Right Time

It will come

This vision is for a future time. It describes the end, and it will be fulfilled. If it seems slow in coming, wait patiently, for it will surely take place. It will not be delayed.
Habakkuk 2:3

Yet I am confident I will see the Lord's goodness while I am here in the land of the living. Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord.
Psalm 27:13–14

And I am certain that God, who began the good work within you, will continue his work until it is finally finished.
Philippians 1:6

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One More Step

Practical ways to keep going

- ☐ Take one small step today. Just one.
- ☐ Rest, eat and sleep well.
- ☐ Tell someone I trust how I'm really doing.
- ☐ Ask for help, and accept it.
- ☐ Remember what God has already done.
- ☐ Read one encouraging psalm.
- ☐ Put on worship music.
- ☐ Celebrate small progress.
- ☐ Hand tomorrow back to God.

The godly may trip seven times, but they will get up again.
Proverbs 24:16

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If You're in a Dark Place

You don't have to carry it alone

If "giving up" has started to mean giving up on life itself, please don't keep it to yourself. Reach out today to someone you trust, your doctor, or a crisis line such as Samaritans. If you're in immediate danger, call the emergency services.

Asking for help is not weakness. It's one more step.

The Lord is close to the brokenhearted; he rescues those whose spirits are crushed.
Psalm 34:18

The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning.
Lamentations 3:22–23

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Prayers and Declarations

A PRAYER WHEN I WANT TO GIVE UP

Lord, I'm tired, and I want to give up.
I've prayed, waited and tried, and I can't see the way forward.
But You haven't given up on me.
Give me strength for today, rest where I need it, and hope for tomorrow.
Help me to hold on to You, like Jacob, and keep praying, like the widow.
Keep my eyes on Jesus.
At just the right time, let me see Your goodness.
In Jesus' name,
Amen.

I DECLARE

I will not give up.
I am pressed, but not crushed.
Though I fall, I will rise again.
My strength is renewed as I trust in the Lord.
At just the right time, I will reap a harvest.
God will finish what He started in me.

My Journal

One more step

DATE	WHERE I WANTED TO GIVE UP	THE STEP I TOOK

A Closing Blessing

May the Lord renew your strength when you feel you can't go on.
May you rest when you need to, and rise again when it's time.
May you keep your eyes on Jesus, who never gives up on you.
May you hold on until the blessing comes,
and at just the right time, may you reap a harvest of good.
Amen.

Do not give up.

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My Notes and Prayers

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At just the right time
we will reap a harvest of blessing
if we don't give up.
Galatians 6:9

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