

# ENDURANCE



## ANECHOMAI

'Ana' - up;  
'Echomai' - to hold on.  
It means to 'to hold up  
against a thing, to bear  
with, to endure.'



## KAKAPATHEO

'kakus' - evil;  
'pascho' - to suffer.  
It means 'to sustain or  
endure evil afflictions.'



## HUPOMENO

'hupo' -under,  
'meno' - to remain. It means  
'to remain under, to endure  
or sustain a load of miseries,  
adversities, persecutions in  
faith and patience.



## HUPOPHERO

It means 'to bear  
from underneath,  
to undergo hardship.'



## MAKROTHUMEO

It means: 'to endure  
patiently, to be  
longsuffering.'  
Exercising understanding  
and patience toward  
persons and relationships.



## KARTEREO

It means: 'to be strong,  
steadfast, firm, to endure,  
hold out, bear the burden.'



**ATHLETES**  
IN ACTION  
A Cru Ministry

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