

Use this guide to help your family learn about resilience.

First, watch this week's video!

Resilience:
Getting back up when something gets you down

Memory Verse

"But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak."
Isaiah 40:31, NIV

Bible Story

Great Commission and Spread of the Gospel
Matthew 28:16-20;
Acts 1-2

Key Question

When have you felt alone?

Activity

Bouncing Back

What You Need:

small bouncy ball, 10 beads (or other small items, such as 10 pieces of cereal)

What You Do:

Hand your child the ball and the beads. Ask your child to hold the beads in one hand, then drop their beads onto a hard surface (like a table or uncarpeted floor).

Tell your kid to try to toss their ball into the air, pick up one bead, and catch their ball after it bounces only once—all by using only one hand. If their ball bounces more than once, they must put the bead back where it was and try again. If you have time, challenge your child to repeat the activity—this time, picking up two beads at a time instead of one.

When you're finished, say, "It was no easy task to pick up the beads while the ball bounced back. Our story today was about a group of people who faced something that must have seemed impossible, but Jesus helped them bounce back."

Talk About the Bible Story

In our story, who was given a challenge that seemed impossible? (*the disciples*)

How did Jesus help the disciples bounce back? (*He reminded them that He would always be with them*)

What is the word that describes someone who bounces back when something gets them down? (*resilient*)

When is it hard for you to believe that God is with you?

Is there a situation that's getting you down right now, where you need God's power to help you show resilience?

Parent: Talk about a time when you felt alone, but you kept going because you knew that God was with you.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for sending Your Son to be our Savior. Thank You for loving us and giving us Your Holy Spirit to be with us forever. We know that Your Spirit can give us the resilience to face situations that might seem impossible. Remind us to rely upon You and Your Holy Spirit for help and strength when we need it. We love You, and we pray these things in Jesus' name. Amen."



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Bible Story

Peter and John Are Taken to the Sanhedrin Acts 3:1–4:21

Key Question

When have you decided to keep going?

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Activity

Stick to It

What You Need:

sticky notes, and a marker or pen

What You Do:

Give your child three sticky notes.

Say, "Think about something in your life that has been challenging. What made it challenging?"

Give your child some time to think. Discuss their response.

Say, "Now, think about the things that might KEEP you from bouncing back from those challenges. Write down one answer on each of your sticky notes." Possible answers: *You didn't know how to fix it, you didn't want to do it, it didn't make sense, it was boring or not fun, you were scared, etc.*

Give your kid three additional sticky notes.

Say, "On these sticky notes, I want you to write three reminders that God is with you." Possible answers: *I am resilient, God is always there, I can trust God, God is bigger than my problems, the memory verse (Isaiah 40:31), etc.*

Then say, "Put the second sticky notes on top of the first, so that you cover up the reasons for not being resilient. Then place the sticky notes somewhere you can see them, as a reminder that you can always bounce back from challenges because God is with you."

Talk About the Bible Story

Why were Peter and John arrested? (because they were telling others that Jesus is God's Son)

How did Peter and John keep going, even when things got tough? (They relied on God; they trusted that God was with them.)

What does it look like to be resilient when a friend isn't treating you kindly? What about when you're not getting along with someone? Or when you're struggling with learning something at school?

What can you do if you aren't sure how to be resilient in a certain situation? (Ask a parent or Small Group Leader for advice, pray, read the Bible, remember that God is with you)

Parent: Share a story about a difficult situation and how God helped you keep going, even when it got tough.

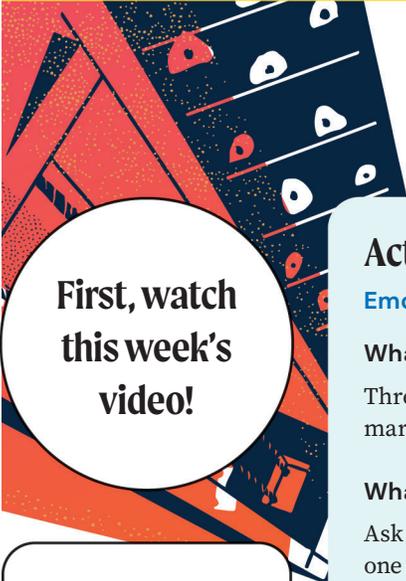
Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, You are with us always. We know that Your Spirit gives us the power to bounce back. Please give us the courage and strength we need to keep going. Thank You, God, for Your Word. It shows us who You are and reminds us what's true. We love You, God! Amen."

Bounce Back: Get back up again

Use this guide to help your family learn about resilience.



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Resilience:
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Memory Verse

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Bible Story

Paul and Silas in Prison
Acts 16:16-40

Key Question

What helps you keep going?

Activity

Emoji Plates

What You Need:

Three paper plates (or sheets of paper); markers

What You Do:

Ask your child to draw three emoji faces—one on each of the paper plates. They should draw one happy emoji, one sad emoji, and one unsure emoji (neither happy nor sad).

When your child finishes drawing, read each situation below. Ask your child to choose the emoji that best fits how they would feel in that situation. Feel free to personalize the examples as needed.

Situations:

- You got in trouble at school.
- Our family just got a new pet alligator.
- You got a great grade on your science homework.
- You're feeling sick.
- An alien spaceship landed in our backyard.
- You miss your friend who moved to another city.
- You were selected to sing a solo in the choir concert.
- You don't understand something at school.
- You had pizza for dinner.
- You must eat pizza every day for a year.

When you're finished, say, "Have you ever noticed that we're often happy or sad, or feeling something else, based on what's going on around us?"

Talk About the Bible Story

Do you think it's possible to choose to be joyful no matter how hard life gets? Why?

Where were Paul and Silas when they were singing? (*in prison*)

Why were they singing? (*because they chose to have joy even when life got hard*)

How would you have reacted if you had been Paul and Silas?

How does trusting God help us to bounce back?

What truths can you focus on to help you get back up when something gets you down?

When is the last time something tough happened to you? What made it hard to be joyful in that *situation*?

Parent: Share a story about a situation that was hard, but you decided to choose joy. What did you focus on, and how did it help you to keep going?

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, You are with us always. Your Spirit gives us the power we need to keep going even when it's hard. God, help us to be like Paul and Silas and to focus on You, especially when we aren't sure how things will turn out. Help us to remember Your promise that, when we put our trust in Jesus as our Savior, we can be with You now and forever. In Jesus, we are never alone. Amen."

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Bible Story

Heroes of the Faith
Hebrews 11

Key Question

Who inspires you to get back up?

Activity

Up and Down

What You Need:

Two pieces of paper; writing utensil

What You Do:

On the left side of one sheet of paper, draw an arrow pointing down. On the right side of the other sheet of paper, draw an arrow pointing up.

Say, "On the piece of paper with an arrow pointing down, write down some things that make you feel down."

Then say, "On the paper with the arrow pointing up, write down some things that help you get back up when you're feeling down."

When you're finished, say, "We learned about several "heroes of faith" in our story today. Their stories can inspire us to bounce back and be resilient when we're feeling down . . . just like the people and things on the page with arrow pointing up!"

Talk About the Bible Story

How is having faith similar to having resilience? (You keep believing, even when it's tough. You keep trying, even when it's tough.)

What is faith, in your own words?

Why is it important to know the stories in the Bible? How do those stories affect our ability to bounce back?

How can faith and trusting God help us to get back up again?

Parent: Share about someone who leads and encourages you when you go through a hard time and you're tempted to give up.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, You can be trusted no matter what! You love us and You are always with us. You know us, and You want us to know You. Thank You for Your Spirit that gives us strength . . . for Jesus, who gave us a way to be with You now and forever . . . and for the heroes of faith who show us how important it is to trust You. Thank You for inspiring us to get back up, even when things are hard or we don't understand. Amen!"

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Bible Story

Keep Looking to Jesus
Hebrews 12:1-3

Key Question

What can help you focus on Jesus?

Activity

Memory Maker

What You Need:

picture (photograph); sheet of paper; writing utensil

What You Do:

Find a photo that has a lot going on in it (and in the background). You can use a photo from your phone, or print something from the Internet.

Show your child the picture, and let them study it for 30 to 60 seconds. Instruct them to try to remember as many details as possible.

Then, flip over (or hide) the picture. On the sheet of paper, have your child write down every detail of the photo they can remember.

If time allows, have them choose a photo for you to complete the same activity. See who has the better memory!

When you're finished, say, "The key to remembering what you saw was to really focus on the picture!"



Talk About the Bible Story

In our story today, who did we learn to focus on in order to be resilient? (*Jesus*)

How can we keep our focus on Jesus? (*read the Bible, pray, talk about Him with others*)

What did Jesus do for us to help us keep going? (*Jesus died on the cross for our sins.*)

When we decide to put our faith in Jesus as our Savior, we become part of a community of Jesus-followers. How can that help us to keep going?

Parent: Share about what characteristics of Jesus help you to keep going, and why.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, You love us so much that You sent Jesus to be our Savior. Thank You for never giving up on us. Thank You for loving us when we mess up or make unwise choices. Thank You for giving us the power to keep going! Help us to put our focus on Jesus so we can bounce back when things get us down. We love You. Amen!"

Day 2

Read Matthew 28:16–20 and Acts 1–2

As you read Matthew 28:16–20, underline the different “jobs” Jesus gave to His followers, and number them off. How many numbers do you have?

The jobs Jesus gave to His followers seemed impossible. Thankfully, He promised them something that would make the impossible, possible. Circle the second half of Matthew 28:20 and Acts 1:8 to see what that promise was.

Jesus promised to be with them always. But, then it appeared He left them, as He rose up into Heaven.

But Jesus kept His promise. Read Acts 2:1–4 to see what that looked like.

After the Holy Spirit came, Peter shared the story of Jesus with everyone there. Read Acts 2:41 to see what is possible with God’s Spirit!

God’s Spirit was with Jesus’ disciples, and God is always with you too!

(Answer: Three)

Day 3

Sometimes we think about prayer as something we do at bed time.

Or at meals. Or maybe right before a test.

But the truth is, God is always with you. And that means you can talk to Him anytime, anywhere, and about anything.

Write the words, “God is always with you” in several places where you will see it throughout your day. Maybe on your bathroom mirror (dry erase marker!), on a school notebook, make it your device screensaver or wall paper (pro tip: take a photo of the word art for tomorrow’s activity and use it for your device), and maybe even write it on your hands.

Then, every time you see it, take a minute to talk to God. You can thank God for something good that has happened today, ask for help with a problem or situation, praise God for how great He is, or pray about a need someone else has. Or, you can simply thank God for always being with you!

Day 4

God is always with you—and He’s always with the people around you too!

1. Grab a piece of paper and a pen.
2. Go find some friends or family members to talk to. Try to talk to four or five people.
3. You can interview them in person, send them a text or email, or give them a call.
4. Ask them to share a couple of times that they knew God was with them. It may have been during a hard situation, or it could just be a time they felt God’s closeness—like in nature or at church.
5. Take notes on the stories they share with you, and save them for tomorrow.

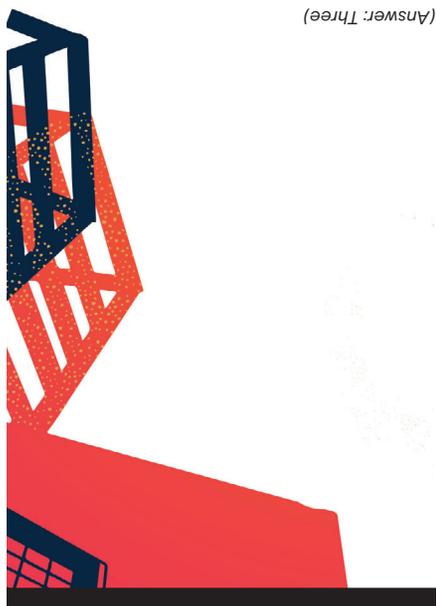
Day 5

When have you felt alone?

Find your notes from talking with your friends and family yesterday. Look over the stories they shared with you and circle some of the keywords, like the places where they felt God with them, or the situations and struggles where they felt God’s presence.

Then write those keywords from the conversation inside the word art—words that will remind you of the stories of God’s presence. Hang it up in your room or bathroom to remind you of all the ways that God has been with you and others. And remember: when you’re worried about school, when something bad happens out of your control, when you don’t know what’s going to happen next, God is still with you!

ALWAYS
WITH IS GOD WITH
IS WITH IS GOD
GOD ALWAYS YOU
YOU GOD WITH
ALWAYS



Day 2

Read Acts 3:1-4:21

As you read through Acts 3:1-4:21, underline each time that Peter gives credit to God for something that happened (such as in Acts 3:12-13).

Peter and John healed a man who couldn't walk, and then they shared the good news that Jesus had come to save. Hundreds gathered to listen to Peter and John, and many of them believed. But the religious leaders were not happy. Peter and John were arrested and brought before the leaders—who threatened them and told them to stop talking about Jesus.

But Peter and John kept going even when it got tough—for one important reason: God's Spirit helped them get back up and keep going.

And because they kept going and kept sharing (see all those times you underlined?), thousands of people believed in Jesus!

Day 3

How do you keep going when it gets tough?

Thankfully, you don't have to do it alone! You can ask God for help whenever you need it. God can give you the strength to get back up when something gets you down.

Grab some sticky notes (if you don't have any, you can cut a couple of sheets of paper into pieces and use tape) and something to write with. Write the following words on separate sticky notes: PRAY, KEEP GOING, ANSWERED PRAYER. (You can write A.P. for short.) Find a blank wall, and stick the notes up on it, from left to right.

Then with the remaining sticky notes, write down on each one a situation in which you need resilience to keep going. Write as many as you can, then keep the sticky notes nearby to keep adding throughout the month. Place the prayer requests under "START." Then spend some time asking God for help with those situations.

Each day, keep praying for the things you wrote down, and add new things as they come up too. (You'll move the sticky notes throughout the week, don't worry!)

Day 4

Keep going even when it gets tough.

It helps to keep going when you know others are also being resilient! Who, in your life, do you know who is going through a situation that they could use some help to keep going? Reach out and ask them how you can pray for them. Then write the prayer request on a sticky note and add it to under "PRAY."

Next, ask some family members for some stories of things they needed resilience to make it through. Write the situation on a sticky note and put it under "A.P."

Be sure and tell your family and friends that you're praying for their resilience and to keep you updated on how things go!

Day 5

When have you decided to keep going?

Take a look at your sticky note display from earlier in the week. Then answer the following questions.

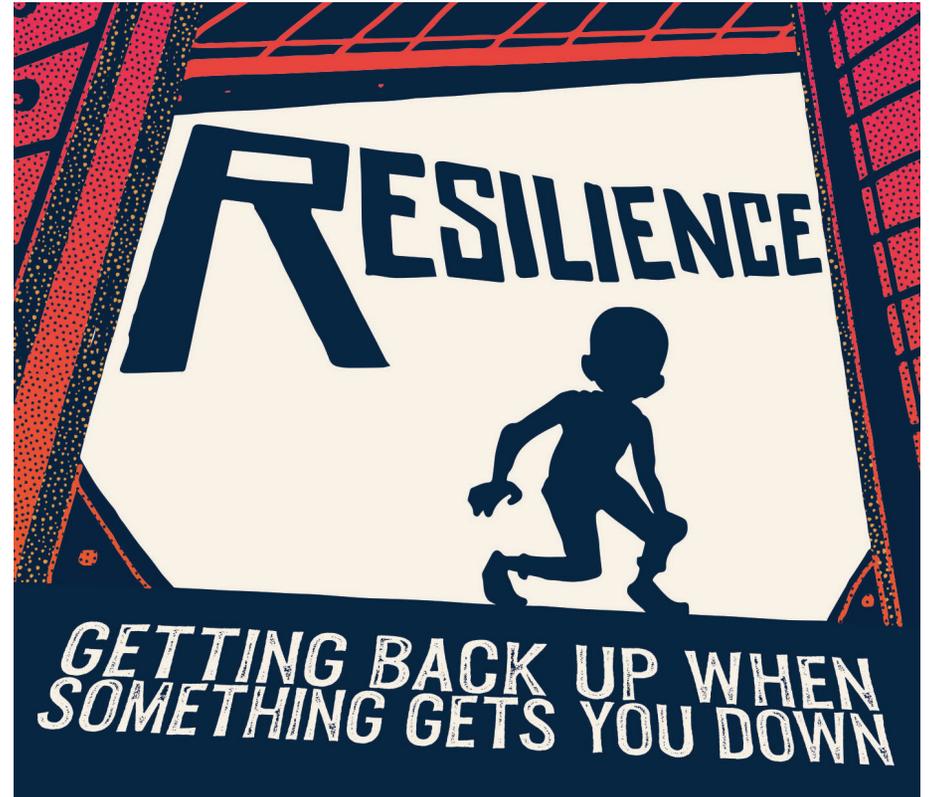
- Have any of these situations been resolved? Maybe the math test you were studying for is over, or you finally figured out that hard part of your piano piece. Move that sticky note over to "A.P."
- Are you tempted to give up in any of these situations? If you are, keep the sticky note under PRAY for now, and ask God to help you keep going. You can also reach out to a friend and ask them to pray with you!
- Are there any situations where you've seen progress made, but you still need to keep going? Maybe you've been nicer to your little brother or you've done your chore every day without being asked, but you know you need God's help to keep going. Move those sticky notes to "KEEP GOING," and then do that!

Keep your sticky note display up the rest of the month (or longer, if you'd like), and do some check-ins from time to time to see how you've kept going with God's help! And don't forget to check in on your friends and family too and encourage and celebrate each other as you keep going!

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the 'WHAT HELPS YOU KEEP GOING?' prompt.



Day 1

After watching, write one thing that:

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read Acts 16:16-40

As you read through Acts 16:16-40, draw arrows in the margin (or, if you're reading on a device, use a sheet of paper to draw the arrows as you read). If you think what is happening to Paul and Silas is good and would make them happy, draw an 'up' arrow. If you think what they're facing is hard, draw a 'down' arrow. If whatever is happening is kind of a mixed bag, draw this arrow .

When you're done reading, take a look at all the arrows. There are a lot of ups and downs, and "mixed-bag" scenarios, aren't there? From being followed by a girl with a spirit, to being beaten and then thrown in jail, there was a lot of hard stuff. There was also some pretty great stuff—like the earthquake that freed them from jail, and getting to see the jailer and his family put their trust in Jesus.

But between all those ups and downs, that's where we see what resilience looks like (in Acts 16:25), as Paul and Silas choose to pray and worship God, despite what's happening around them. They chose joy, even when life got hard.

Day 3

In Acts 16:25, we read how Paul and Silas were praying and worshipping God, choosing joy.

But read Acts 16:22-24 and check out what was happening to them at that point in time.

Talk about choosing joy when life gets hard! In the middle of one of their darkest days, Paul and Silas chose to talk to and worship God.

Whether you are going through a hard time right now or life is pretty great, you can always choose to have joy—and one way to live that out is by talking to God and thanking Him. Make a list of three things you are thankful for, and then include them in this prayer of gratitude.

Dear God, there are some things that are hard right now—in the world and in my life—but I know I have a lot to be joyful about, and much to be thankful for. Thank You for
and And thank You for making me and loving me and sending Jesus to be my Savior. Please help me choose joy when life gets hard. In Jesus' Name, amen.

Day 4

You can choose joy when life gets hard.

Happiness is external. It's what you feel for a few minutes or maybe a couple of days when things are going great. Maybe you're at Disney World or the beach. . . or you make the school play or the basketball team. . . or you get the very thing you asked for at your birthday party. But then what happens when the vacation is over, the play ends, or the toy you asked for breaks? Happiness goes away.

Joy is better! It's not dependent on what happens on the outside. There's a reason Paul writes in Romans 15:13, "May the God who gives hope fill you with great joy." "FILL you." It's something you experience on the inside, and it comes from God! One way we can allow God to fill us with joy is by expressing gratitude for the blessings He has given us.

Grab a sheet of paper and something to write with and go around asking your family to share things they are grateful for. Reach out to your friends to ask them too! On your sheet of paper, write down what they share with you, leaving space between each one. Then save the sheet for tomorrow.

Day 5

What helps you keep going?

If you're breathing, one thing is true: you've gone through or will go through a hard time. Jesus Himself said we'd have trouble in this world. But He also said to take heart—choose joy!—because He has overcome the world. When we remember the truth that Jesus came to be our Savior and that He is with us always, we can keep going.

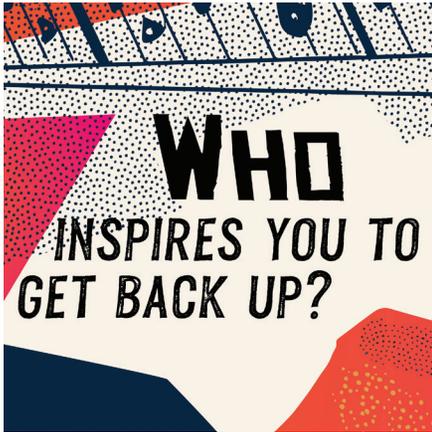
Make some "Resilience Reminders" to help you focus on truths that will help you keep going. Get that sheet of paper you started with yesterday and add to it with truths like these:

- God created me.
- God is always with me.
- I am deeply loved by God and my family.
- There's nothing I can do to make God love me less.

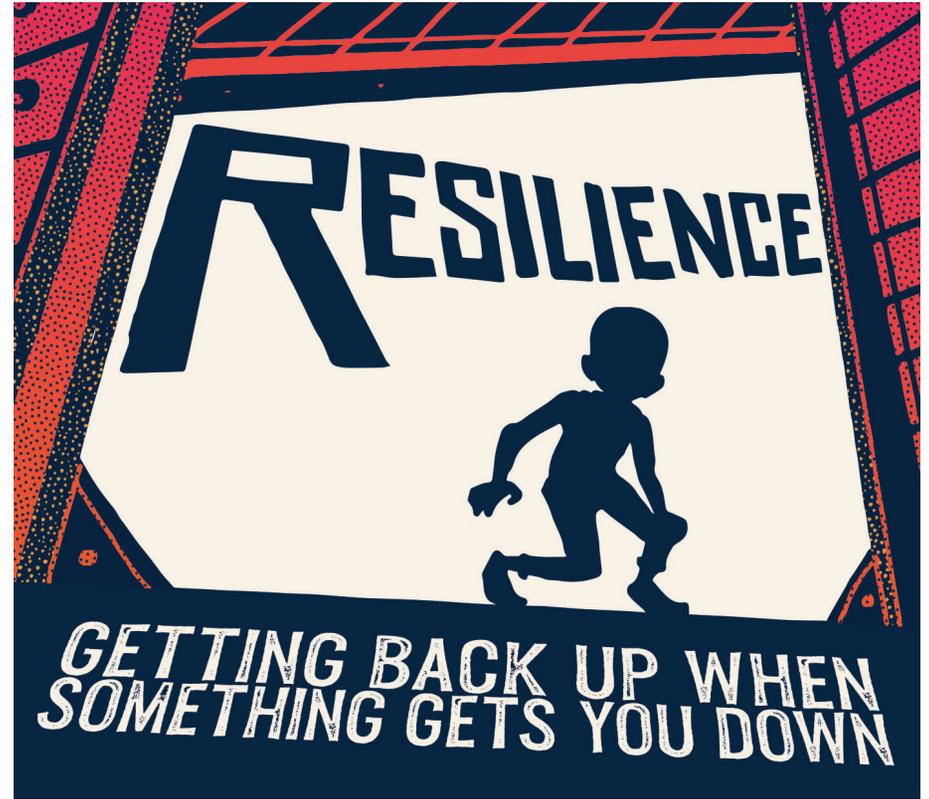
Keep going, including real-time truths and things you're grateful for. Then figure out where you'd like to keep your Resilience Reminders. Cut the sheet reminders into strips, then decide where you'd like to put them. Then whenever you're having a hard day, or just need some help to keep going, check out one of your Resilience Reminders and be encouraged that you can keep going!



Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the first question.



Day 1

After watching, write one thing that:

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Day 2

Read Hebrews 11

As you read Hebrews 11, put a number beside every person or group of people who is mentioned as having faith.

How high did you have to number? Around 20, right? And some of those are groups of people, so the real number is much higher. And that's only the people mentioned here. God's Story is full of even more heroes of the faith—people who did amazing things through faith in God.

That doesn't mean everything went perfectly for these people—in fact, most of them faced some pretty hard stuff along the way. But they were able to keep going because they knew that God knows the end of the story, and that He's promised to make everything right—both for everyone mentioned in Hebrews, but also for us.



Day 3

Look back on Hebrews 11 again.

Which person's story inspires you the most? _____

Is it Joseph who forgave his brothers and went on to save them—and so many of God's people when famine struck? Is it Moses, who led God's people out of slavery and to the Promised Land? Or maybe it's Rahab—a woman who risked everything to help God's people?

Each of these heroes of the faith had one thing in common: they trusted God. They trusted God to help them get back up and keep going, no matter what they were facing.

What is something you need God's help with to get back up and keep going? Or maybe you're not currently facing something hard, but you have in the past, and you can thank God for helping you get back up.

Dear God, thank You that You are always with me. I know that I can trust You no matter what. Please help me (or thank You for helping me. . .)
..... I am inspired by the story of (Biblical hero you chose above)..... who Help me, too, to and to get back up and keep going. In Jesus' name, amen.

Day 4

Trusting God can help you get back up.

And one way you build your trust in God is by hearing the stories of other faithful people—people who have trusted God in their lives and kept going. We can read stories like this in the Bible, and we can also talk to other people who follow Jesus in our everyday lives.

Think of someone you know who has been following Jesus for a while. It might be a parent or an older sibling, or maybe your small group leader or choir director. Reach out to them and ask for a few minutes of their time. Maybe you can grab a snack together, or even better, go outside for a walk. As you spend time together, ask them to share about a time that they needed to trust God to be able to get back up and keep going. You can tell them what you read in Hebrews 11, and how you're looking for more stories of people who kept the faith and kept going. And if you have your own story of trusting God, share that with them too!

Day 5

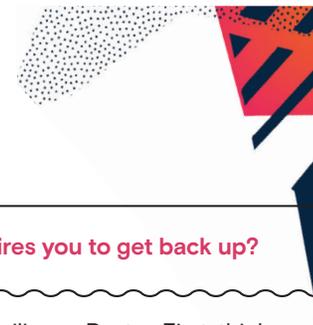
Who inspires you to get back up?

Make a Resilience Roster. First, think about people and situations that inspire you to get back up and keep going. Grab a sheet of paper and make a list. You can start with some of the heroes of the faith who are included in Hebrews 11, or any other person from the Bible who inspires you. Then think about people now—maybe people you don't even know—who inspire you to get back up. It could be a family member or friend, or it could be a professional athlete or famous person who has shown resilience. List as many people as you can!

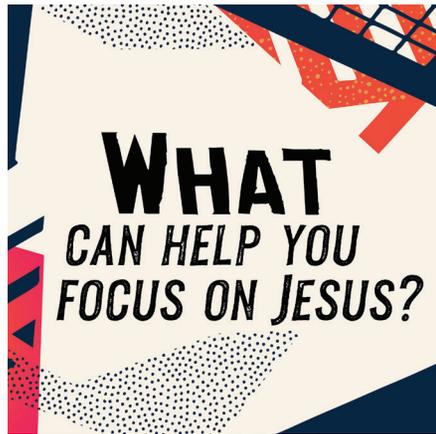
Next, use photos, illustrations and word art to make a collage that will remind you that you can get back up too! Find a sheet of paper (cardstock or small poster board is even better!), some scissors, glue and markers. If you have some magazines, grab those. If not, you can find photos online and print, or you can draw your own illustrations. You can also use your markers to create some word art, especially for any heroes of the faith from the Bible.

Fill up the paper with as many visual reminders as you can. Use a mixture of drawings, photos, words, and even 3-D reminders if you have them (like hospital bracelets or medals won). Somewhere on the poster, write the words from Isaiah 40:31.

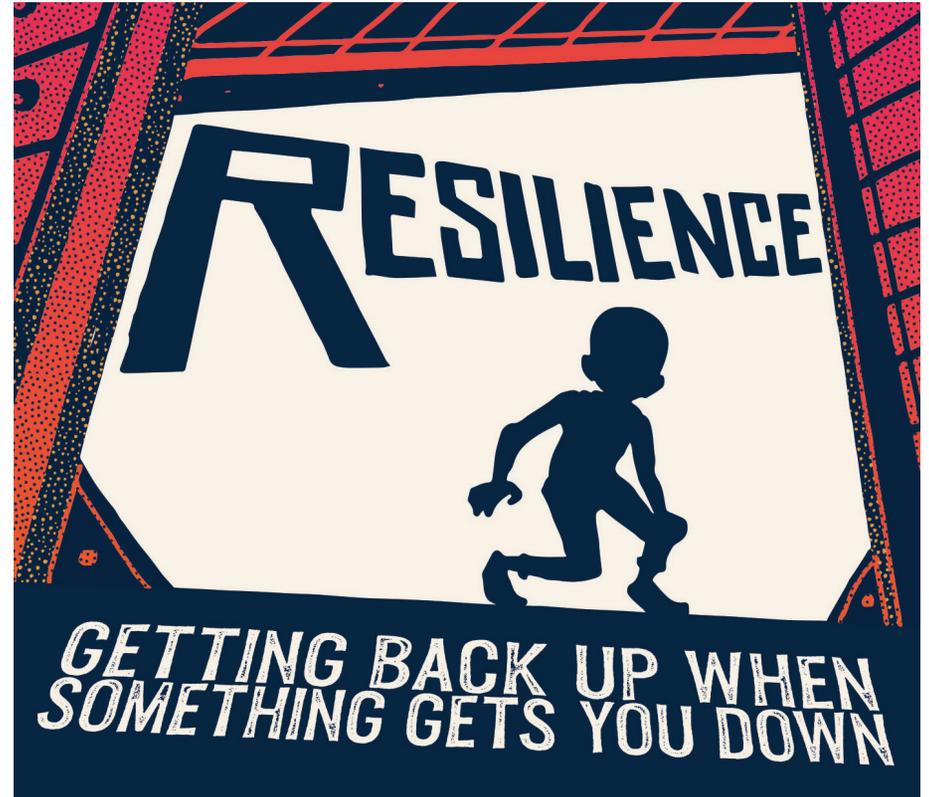
Then hang your Resilience Roster in a highly visible place to remind you that **trusting God can help you get back up.**



Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the question: 'WHAT CAN HELP YOU FOCUS ON JESUS?'



Day 1

After watching, write one thing that:

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2. You learned:

3. You'd like to know:

Day 2

Read Hebrews 12:1-3

Clear out a space in your room or head to an empty hallway. Make sure nothing is on the floor or in your way.

Begin jogging slowly, and as you move, read Hebrews 12:1-3 out loud. When you're done, sit down and read it again.

Did you find it easier to focus on what you were reading when you were jogging, or when you were sitting still? There's no right or wrong answer—we're all wired differently. But the point is, it's important to make choices that can help you focus on Jesus and what He did for you. That will help you keep going!

Jesus paved the way for us. Even when we're tired and mess up—we know we can get back up and keep going because we're loved and forgiven no matter what.

Following Jesus can be like running an obstacle course. The goal is to obey God, to love God and to love other people. You'll mess up along the way. You'll break the rules. You'll say and do things that aren't loving. But you can't let your mess ups stop you from trying again. Remember, Jesus has already paid the price for all of our sins, all our mess ups, when He died on the cross. He did that for you, because that's how much He loves you.

Day 3

Have you ever seen hurdlers?

These incredibly fast runners take it to the next level by jumping over hurdles—obstacles in their path. If they hit a hurdle, it may slow them down, but they just keep going. Even if they fall, they just get back up and keep going.

Sometimes life isn't easy. You're trying to follow Jesus by obeying God, loving God and loving other people, but you can get distracted by things that don't matter and trip over things in your path. And then there are the times you make choices that just aren't wise and you feel like you're down for the count. But you can't let your mess ups stop you from trying again.

Take a minute to ask God to help you jump over the hurdles in your life—and to help you focus on Jesus and what He did instead of the obstacles in your way.

Day 4

Who do you know that would be willing to go on a run with you?

It doesn't have to be a fast run—in fact, slow is better, so you can talk while you move. Make plans for a run in the next few days, and ask your friend to be thinking about their faith journey in the meantime: about the things that have challenged them, inspired them, distracted them, and helped them focus on Jesus.

As you run together, keep a slow enough pace that you can talk. Share your challenges and distractions that can make you stumble as you work to love God and others. And share the things that have kept you focused, encouraged, and energized on your journey! When you get tired from running, keep going, just for another minute or two, to remind yourself that you can **keep going because of what Jesus did for you.**

P.S. If weather or other obstacles keep you from running, you can also try this activity while doing other types of exercise, like jumping jacks or running in place. Or you can grab a smoothie or sports drink and still have the chat!



Day 5

What can help you focus on Jesus?

Think back to your conversation from yesterday. What activities really stood out to you as things that have encouraged you or your friend on your faith journey—things that help you focus on Jesus and keep going?

Maybe it's going to church, reading your Bible, praying with your family, or listening to worship music. Whichever of these things help you focus on Jesus, make a plan for including them in your life each day. Write your "training plan" below—committing to a daily practice so you're ready to run the race of following Jesus.

Each day, I will:

■ _____
■ _____

Each week, I will:

■ _____
■ _____

Each month, I will:

■ _____
■ _____

And remember, this isn't a checklist to make you feel stressed or guilty, but a training plan to help you focus on Jesus. Choose to spend your time on the things that will build you up and focus on Jesus, and then you will be able to keep going because of what Jesus did for you.