

Bounce Back: Get back up again



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

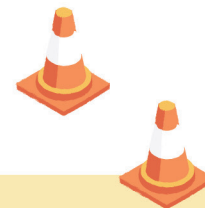
Bible Story

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

Bottom Line

God is always with you.

Use this guide to help your family learn about resilience.



Activity

Acting Out

What You Need:

Bible or Bible app, masking or painter's tape

What You Do:

Using the tape, create a circle in the middle of the floor. Open your Bible (or Bible app) to the monthly memory verse, Isaiah 40:31. Read the verse a few times with your child. If your child is able to read on their own, make sure to give them a turn reading from the Bible aloud.

Tell your child that you're going to memorize the verse together by learning motions to go along with the words. Break the verse up into four parts (NIV example below), and practice together.

- Part 1: *But those who trust in the Lord will receive **new strength**.*
 - Direct your child to repeat this part five times while pumping their arms and bouncing.
- Part 2: *They **will fly as high as eagles**.*
 - Invite your child to repeat this part five times while expanding their arms out and running.
- Part 3: *They will **run** and not get tired.*
 - Invite your child to repeat this part five times while running in place.
- Part 4: *They will **walk** and not grow weak.*
 - Invite your child to repeat this part five times while fast-walking.

After your child has completed part 4, ask them to put all the parts together, and challenge them to say the full verse by themselves three times.



Talk About the Bible Story

What was the mission that Jesus gave His disciples in today's story? (*to tell the entire world about Him*)

How do you think the disciples felt when Jesus gave them such a huge mission? (*probably a bit overwhelmed; maybe like they couldn't do it*)

Why were the disciples able to be strong and continue Jesus' mission? (*because Jesus promised that He would be with them, through the Holy Spirit*)

What does it mean to be resilient? (*you can get back up when something gets you down*)

How does it help us bounce back if we know that God is always with us? (*we know God can give us the power to keep going*)

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 always being with us. Sometimes it can feel like we're alone. But we know that's not true, because You promise to always be with us through your Holy Spirit. You give us the strength we need to bounce back. Help us to remember that so we can be resilient and never give up. Amen."

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Bible Story

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

Bottom Line

Keep going even
when it gets tough.

Use this guide to help your family
learn about resilience.

Activity

Tricky Tricks

What You Need:

a ball that bounces

What You Do:

Give your child the ball. Then call out the following bounce tricks for them to attempt:

- Throw the ball in the air and catch it five times in a row (no bounces, catches, or drops between each throw).
- Bounce the ball on the floor three times and catch it at the end of the third bounce.
- Throw the ball up, let it bounce once, then catch it.
- Throw the ball in the air, do a spin while it falls and bounces, then catch it.
- Throw the ball in the air, do a spin, clap while it falls and bounces, then catch it.

Also try each trick yourself! When you're both finished, say, "Those were some pretty fun tricks! You kept tackling each new one like a pro—even when the tricks got tougher!"



Talk About the Bible Story

Who in our Bible story today had a tough task they had to face? (*Peter and John*)

What happened to Peter and John? (*They got arrested and were brought before the religious leaders.*)

How did Peter and John keep going, even when things got tough? (*They relied on God and showed resilience.*)

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*)

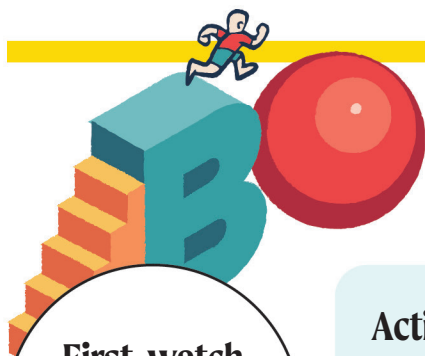
Parent: Share a story about a difficult situation and how God helped you keep going, even when it got tough.

Prayer

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

"Dear God, thank You for understanding how we feel when we're tempted to give up. Please give us the courage and strength to be resilient like Peter and John, so we can push through tough situations and make a difference in this world. Help us keep going even when it gets tough. We love You, and we pray these things in Jesus' name. Amen."

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Bible Story

Paul and Silas
in Prison
Acts 16:16-40

Bottom Line

You can choose joy
when life gets hard.

Use this guide to help your family
learn about resilience.

Activity

Finish That Line

What You Need:

No supplies needed.

What You Do:

Tell your child that you're going to play a game called
"Finish That Line."

Say, "I'm going to start singing a song, and then you can
try to finish the song by singing the next line. Remember,
you have to sing the line correctly for it to count!"

*Note: If these songs aren't familiar for your family, consider
substituting these songs with others that your child will know.*

Song 1: You: Row, row, row your boat
Kid: Gently down the stream

Song 2: You: Mary had a little lamb, little lamb, little lamb
Kid: Mary had a little lamb whose fleece was
white as snow

Song 3: You: Twinkle, twinkle little star
Kid: How I wonder what you are

Then say, "Let's make the challenge a little more difficult.
I'll sing the *second* part of a song, and then you try to sing
back the line that comes *before* it. Ready?"

Song 4: You: E-I-E-I-O
Kid: Old MacDonald had a farm

Song 5: You: Brother John, Brother John
Kid: Are you sleeping, are you sleeping

Feel free to add other songs and lyrics. Or switch, and
have your child sing songs for you to finish the next line!
Afterwards, say, "There was also some singing in our story
today, right? Who was singing?" (*Paul and Silas*)

Talk About the Bible Story

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

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

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

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

*Parent: Share a personal story
about a time in your life when it
was difficult for you to choose
joy. What did you do?*

Prayer

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

"God, thanks for reminding us—
through the story of Paul and
Silas—that we can have joy. Even
when life seems hard to us, You
are always by our side, helping
us through hard times. Help us
remember that it's Your Spirit in us
that helps us choose joy. We love
You, and we pray these things in
Jesus' name. Amen."

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Bible Story

Heroes of the Faith
Hebrews 11

Bottom Line

Trusting God can help you get back up.

Activity

Bouncing to the Beat

What You Need:

ball that bounces; music

What You Do:

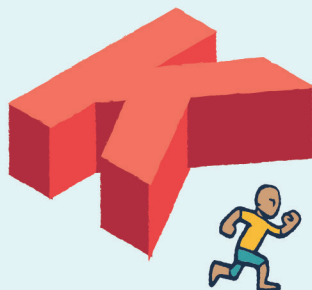
Choose a song that you and your child both like.

Say, "We're going to bounce the ball back and forth to the beat of this song. Let's see how far into the song we can get before we miss a beat or miss the ball."

Bounce the ball to the beat of the song. If you drop the ball, start the song over. See if you can make it through the entire song, bouncing the ball to the beat.

If you have time, choose songs with different tempos to bounce the ball to.

When you're finished, say, "That was a lot of work, wasn't it? Did you get tired? When we get into situations that make us want to quit, we can be resilient and keep going by trusting God to help us."



Talk About the Bible Story

How does today's story help you remember to trust God to help you get back up? (*Hearing of all the ways God helped other people get back up reminds me that I can get back up.*)

What do you think it means to have faith? (*trusting in what you can't see because of what you can see*)

Has there been a time you've felt really down? How did you get back up?

Parent: Share an example of something that gets you down, and what in your life inspires you to get back up.



Prayer

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

"Dear God, thank You for giving us the stories like the ones in Hebrews 11 . . . and also the stories of people we know, like our friends and people in our family. The people we read about in the book of Hebrews refused to give up, even when things were incredibly difficult. Their stories encourage us not to give up. When things get us down, give us strength to trust in You so we can be resilient like they were. We love You, and we pray these things in Jesus' name. Amen."

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Bible Story

Keep Looking
to Jesus
Hebrews 12:1-3

Bottom Line

Keep going
because of what
Jesus did for you.

Use this guide to help your family
learn about resilience.

Activity

The Knocked-Kneed Squeeze

What You Need:

small ball; painter's or masking tape

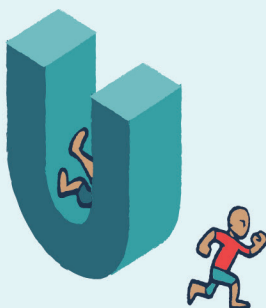
What You Do:

Use the tape to create a path through your house. Make it a little difficult—feel free to have the tape go over sofas, behind chairs, etc.

Hand your child the small ball, and have them place it at the beginning of the path. Say, "You're going to follow this taped line to the end of the path. You have to keep the ball between your knees at all times! But don't worry, I'm going to walk beside you. If the ball bounces out, I'll put it back between your knees."

Walk beside your child. If the ball falls from between their knees, replace it for them. When they finish, celebrate!

Say, "It seemed like it was hard to keep the ball between your knees and walk at the same time! Fortunately, you had someone there to help you keep going in case the ball fell."



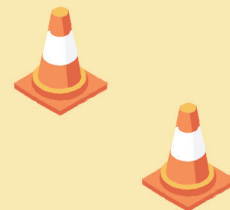
Talk About the Bible Story

In our story today, we heard about someone who is always there to help us keep going. Who is that? (*Jesus/God/Holy Spirit*)

How can it help us keep going if we remember what Jesus did for us? (*because we know that Jesus died for us so we could be with Him forever*)

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

Parent: Share about a time you when you had to remember what Jesus did for you in order to keep going.



Prayer

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

"Dear God, thank You for loving us and sending Jesus to be our Savior. Thank You for giving us the Holy Spirit to be with us, so that we can have the strength to keep going and show resilience. Remind us to rely on You for help and strength when we feel like giving up. We pray these things in Jesus' name. Amen."

Resilience is getting back up when something gets you down.

DAY 1

Read Joshua 1:9

This month is all about resilience which is getting back up when something gets you down! We can get back up when things get hard because of one big reason. Do you want to know what it is? Come closer. Put your eyes right up to the card.

God is always with you.

It's true! When you need to keep doing the right thing, keep getting back up, stop and think about that big truth written in tiny little letters above.

God is always with you. You are not alone. Thank God for being with you.

DAY 2

Read Ephesians 6:10

What or who do you depend on?

Maybe you've never thought about it but you rely or depend on stuff every single day. You depend on the chair to hold you up when you sit or your technology to work when you need it.

When it comes to facing hard stuff, to keep going even when you want to quit, there is someone you can depend on always. You can depend on God.

The next time you face something hard, remember one big truth: God is always with you. And God will hear you when you stop and ask for help.

Crack The Code

A	D	E	F	G	H	I	K	L	M	N	O	P	U	R	S	T	W	Y	
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Depend on his
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....."
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DAY 3

Read Deuteronomy 31:8

Have you ever followed a guide for a hike in the woods? When you have someone guide you, it takes a lot of pressure off. Because the guide knows exactly where to go, you won't get lost.

But, if you took that guide to a different park or trail, would that guide know where to go? Nope! The guide probably knows one trail or maybe even several trails in one specific area. But they're limited in their knowledge.

Guess what? God doesn't have those limitations.

Fill In The Blank

Circle the response that shows love in the scenarios below:

- ➔ The Lord Himself will go of you.
- ➔ He will be you.
- ➔ He will never you.
- ➔ He'll never you.

You can keep going when you remember that God is with you and will lead you in the right direction.

DAY 4

Read Zephaniah 3:17

Do you like to sing? What's your favorite song? Go ahead, sing a line or two. Give it everything you've got!

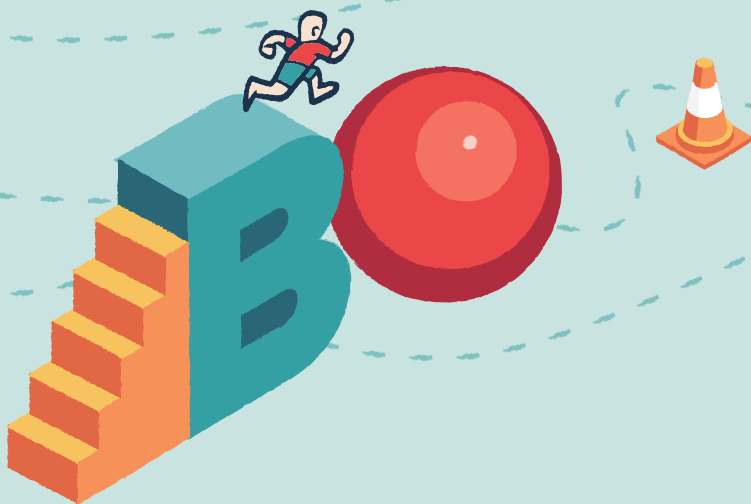
Do you ever wonder what God's singing voice sounds like? Maybe you've never thought about God singing! But today's verse tells us that God takes delight in you and sings for joy because of you. In fact, in the English Standard Version translation of the Bible, the last part of this verse reads, "He will exalt over you with loud singing."

Whoa! **God loves you so much!**

Sing, Sing Out Loud!

So how about a little resilience challenge? This week, when you face something tough and you really want to quit, pick a line from your favorite worship song. If you're in a place where you can, sing it out as loudly to remind yourself that God is with you.

God is always with you.





Resilience is getting back up when something gets you down.

DAY 1

Read 1 Corinthians 16:13

What does a guard? A guard protects people or property.

If you were to choose someone to guard your house, what kind of person would you hire?

Grab a piece of paper and write down some qualities you'd want in a guard. You could even make it into a job description or draw a picture of the kind of guard you'd like to hire.

A guard's number one job is to pay attention. If you hired someone to guard your house and then caught them sleeping on the job, you would probably fire them.

If we want to be resilient, to keep doing the wise thing even when it's hard, we have to be on our guard. We need to pay attention and stay strong so we can keep following Jesus.

This week, **be on your guard and remain strong in your faith remembering that God will help you so that you can keep going when it gets tough.**

DAY 2

Read Romans 12:12

Was there a time this week when you faced something tough and you wanted to quit?

Today's verse gives us a big clue of how we can keep going, even when it gets tough. When things get tough, we can always pray.

When you pray, you are talking to the God of the universe! When you pray, you are talking to the one who is bigger and stronger, more loving and kind, than anyone else. **God always hears you and promises to help.**

Keep Going Prayer

1. Grab an index card or scrap of paper.
2. Write a simple "keep going" prayer of ten words or less to ask God to help you keep going even when it gets tough.
3. Place it in your backpack. When you're tempted to quit, pull out that card and pray.



Read Galatians 6:9

What are some ways that your body lets you know you're tired? Maybe you yawn or your eyes start to droop. Maybe you even nod off for a second and your head slumps forward. God made our bodies to need regular rest. But being physically tired is different from the tired in today's verse. God urges us to not become tired of what? Doing good!

But that's not easy! It's hard to . . .

- ➔ be honest and tell the truth.
- ➔ let someone else go first.
- ➔ not say something mean when someone calls you a name.

There's good news though. When we choose to do the right thing, good things can follow. Because . . .

- ➔ choosing honesty shows others they can trust you.
- ➔ putting someone else first makes you a friend others want to hang out with.
- ➔ holding your tongue means you won't say something that you don't really mean.

The good things to follow may not happen immediately. But that's okay. **We can still keep going, keep doing the right thing, even when it's tough.**



Read Job 17:9

We know a lot about clean hands these days, don't we? Washing your hands is a big key to staying healthy. But today's verse isn't talking about clean hands to avoid getting physically sick.

When you do the right thing, you have nothing to hide, right? When you make an unwise choice, what are you most tempted to do? Yep, to hide it so you avoid getting in trouble. But when your parents or your teacher finds out what you were hiding, what happens? Yep, the consequence can be worse because you tried to lie and cover it up.

It's better to do the right thing. To make a choice that you don't have to cover up. Even if it's hard. Because the promise we find in today's verse is true: **when you keep doing what is right, you will grow stronger.**

Clean Hand Challenge:

1. Write down the words of today's verse.
2. Post it near a sink in your house that most everyone uses.
3. Challenge your family to repeat the verse five times every time they wash their hands this week as a reminder to keep going even when it gets tough.

Keep going even when
it gets tough.



Resilience is getting back up when something gets you down.



DAY 1

Read 1 Thessalonians 5:16-18

When life gets hard it's easy to be grumpy or upset. But when your situation gets hard, our verse today gives us a better idea of how we can face it.



Unscramble

1. Choose
Y J O

Joy is a deep-down assurance that no matter what happens, everything will be okay because God is in control.

2. Never stop
Y G P N R I A

Remember, you can talk to God anytime, anywhere, about anything!

3. Give no matter what.
K N H A T S



Even on your worst day, you can always find something to be thankful for.

Praying and giving thanks can remind you that you're not alone and that God, who is always in control, is on your side. You can be resilient and get back up when life gets you down when you choose joy!

DAY 2

Read James 1:2-3

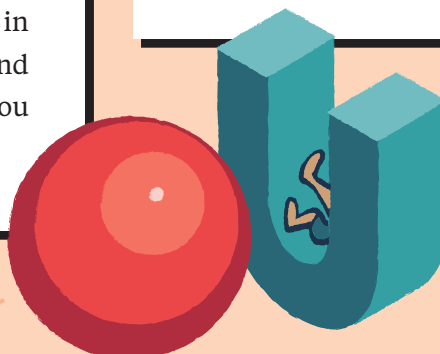
Have you ever watched an athlete perform at the Olympics? They've spent years preparing for that race. Talk about resilience!

Name your favorite athlete. With an adult's help, search for information on the web about that athlete's workout or eating plan.

James wrote the words of today's verse to remind us to keep going, to keep getting back up, to remain resilient in our faith. It will be hard to stand up for what is right, to love others the way God loves you, to put others first. But just like those athletes, you can practice every day. And when you do, it will make you stronger.

Think about a situation today where you had a choice to do the right thing. What did you do? If you made the wise choice, thank God for helping you grow stronger. If you didn't, ask God to help you make the wise choice next time.

Remember, when you face trouble, you can choose joy knowing that God will help you, always.



DAY 3

Read Acts 16:24-25

Think about a really bad day where everything goes wrong. Grab a piece of paper and draw a picture to represent your bad day.

Paul and Silas faced a really bad day. You can read all about what happened in Acts 16:16-23. They were beaten and thrown in prison for healing a woman who needed help.

On your very worst day, a day like the one in your picture, you've probably never faced a situation like Paul and Silas. So what did they do?

They could have chosen to complain, cry, be angry with God, stir up trouble with the other prisoners, or plot their escape. But they didn't do any of those things. Instead, Paul and Silas chose to pray and sing to God in worship.

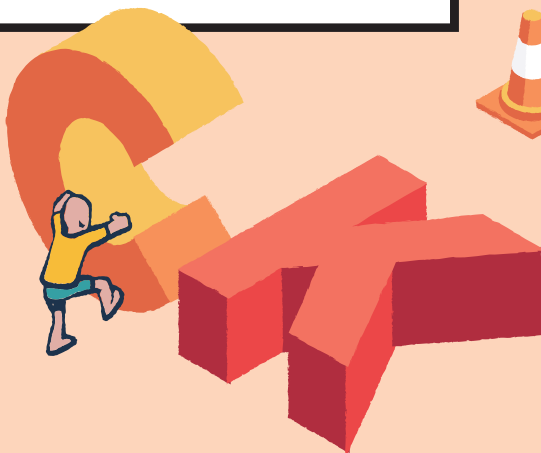
You'll face plenty of bad days like the one in your picture. A big key to resilience is to choose joy. When you trust in God and follow Jesus, you can know for sure you can have joy. Paul and Silas knew that. **You can choose joy when life gets hard.**

DAY 4

Read Psalm 145:14

Do you ever start something and then just want to quit when it gets hard? Like maybe you've tried a million times to memorize your times tables and you just can't do it. Or maybe you want to land a new jump on your skateboard but you fall every time.

It can be hard to keep going when you want to quit. And it can be really hard to do the right thing when you mess up. When you make an unwise choice, you might feel guilty or face a consequence like getting in trouble. But when that happens, **you can choose resilience when you remember that God is on your side.**



You can choose joy when life gets hard.

Resilience is getting back up when something gets you down.

DAY 1

Read Isaiah 40:29

Do you have a favorite stuffed animal that you sleep with every night? What about a favorite blanket or pillow that you just have to take with you when you travel? Go grab it right now and find a comfy spot on the couch.

Now that you're all cuddled up, read the words of today's verse one more time. What does God promise? To give you strength when you are tired and power when you are weak. God's power is unlimited.

You can trust God to help you get back up, to keep going, even when you just want to quit. Like a stuffed animal or blanket that comforts you, God is always there to help you feel better.

As you lay your head down to rest today, wrap your favorite blanket around you, or cuddle up with your stuffed animal, remember that God is watching over you and will help you, no matter what happens! **You can trust God always.**

DAY 2

Read Isaiah 40:31

If possible, head outside with your Bible.

Set a timer for two minutes and run back and forth along your driveway or sidewalk in front of your home. Ready? Go!

Now, hold your Bible out in front of you with both hands. Try to trace all the letters of the alphabet in the air in front of you with your Bible. Start with "A" and see if you can go all way to "Z."

Could you do it?

After all that, you're probably feeling pretty tired! Just like you can become physically tired, you can become tired of doing what's right or wise. Sometimes, it might even seem easier to do what you want instead of what is wise. When that happens, there's a promise in today's verse that can help.

When we're tired, God can give us new strength to keep going! How? Because God's power is unlimited. And when we ask God's always comes through!

Stop and thank God for new strength. Ask for help to keep doing the right thing, to get back up, even when you feel like staying down.



DAY 3

Read James 4:10

God created and reigns over the whole universe. When we talk to God, it's important to remember how powerful, how big, and how important God is. That's what the first part of today's verse is talking about when it comes to showing humility.

When we understand who we are and who God is, we can pray with the right perspective. Humility isn't about thinking less of ourselves (putting ourselves down or thinking we're not worthy). It's about thinking of ourselves less. So when we put God first and ask for a plan, God will lift us up!

Paper Airplane

1. Grab some paper.
2. Make a few paper airplanes. If you need some ideas, we've provided a couple of YouTube links. Make sure you have an adult's permission first. (<https://bit.ly/3lhhxO4>, <https://bit.ly/3KpPjCu>)
3. Once you've finished, write the words of today's verse on the wings.
4. Take it outside to see how far it will fly!

DAY 4

Read Exodus 14:14

When someone hurts you, are you tempted to fight back or make them hurt like you hurt? Sometimes, the best thing we can do is just be still. That's what God told the Israelites to do. When Pharaoh's army was behind them and the Red Sea was in front of them, God said, "Stop. I'll do the fighting. Just don't move."

Why? Because God was about to do something big. Something none of them could have guessed. God was about to part this huge sea and make a path for them to walk across.

When it comes to resilience, sometimes we think we have to do it all on our own. But we aren't alone and we don't have to rely on our own strength. God promises to help us get back up!

Be Still

1. Find a place that's really quiet in your house like your closet or even a bathroom.
2. Close the door with your Bible and look up the verses below about being still. Psalm 46:10 and Isaiah 30:15
3. Then pray and ask for trust in God so you can get back up.

Trusting God can help
you get back up.



Resilience is getting back up when something gets you down.

DAY 1

Read 1 Peter 1:8-9

Write what you know about Jesus below:

Jesus, God's one and only Son, died on the cross for our sin, was buried and rose again on the third day. Before He left Earth to return to heaven, He told His followers to "make disciples," to tell others about what He had done.

Jesus loves you. He died and rose again for you. And though you cannot see Him, you can choose to trust in what He has done for you. Maybe you already have. Maybe you still have some questions.

Either way, the biggest reason we have resilience to get back up even when we face hard things is because of Jesus. **You can keep going because of what Jesus did for you.**

DAY 2

Read Philippians 3:14

Ever tried to push something heavy? Pushing requires strong shoulders! Let's try a few shoulder strengthening exercises. Write out today's verse on a card to keep nearby as you repeat the verse as directed below.

Wall Push

Head to an open spot on a wall in your house and push, with both hands on the wall in front of you (no forearms or shoulders, JUST your hands), keeping elbows slightly bent. Push as hard as you can while repeating today's verse three times.

Hand Push

Put your palms together in front of you (as if you are praying) with your elbows out, forearms parallel to floor. Push your hands together as you repeat today's verse four times.

Chair Push-Ups

Sit down on a sturdy chair. Place your hands on either side of the chair and push, until your bottom rises off the chair. Can you hold this as you say the whole verse?

DAY 3

Read Philippians 4:19

Read the list of needs below. Match up each need on the left to one way that need can be met on the right.

Tired	a friend
Hungry	a hug
Cold	a comfy bed
Sad	food
Lonely	a warm blanket

God promises to meet all of our needs. And God always keeps promises. When you put your faith in Jesus, you have access to all of those same riches.

When it's hard to keep going, when you want to quit, when it seems like no one else is making the wise choice, remember that God will give you what you need. So remember, you can keep going because of what Jesus did for you.

DAY 4



Read 1 Corinthians 15:57-58

Staring Contest

Find a friend, sibling, or parent and have a staring contest! Sit and stare at each other. The first person to blink, laugh or look away loses. Play for best three out of five and declare an overall Staring Contest winner!

Did you win? If not, here are some tips before you try another round:

- ➔ Take a long blink then close your eyes tightly. Try to yawn to produce a few tears.
- ➔ If possible, try to look through the person instead of focusing on them.
- ➔ When you want to blink, squint instead to bring some moisture back to your eyes.

It's one thing to be still enough to win a staring contest. But choosing to do what's right, to stay strong in your faith and not be moved, that's a whole lot harder! But it's not impossible.

Because of Jesus, no matter what, we win! When we put our faith in Jesus, we belong to God! And nothing is too big, too hard or too impossible for Him. So stop and pray today and thank God for Jesus, remembering that you can keep going because of what He has done for you.

Keep going because of what Jesus did for you.

