

# Resilience is getting back up when something gets you down.

Matthew 28:19-20



DAY

1

## Go and Tell

Jesus gave us the job to tell others about Him. Come up with a clever way that you can spread the Good News about Jesus. You could create a song, cheer, or poem about what Jesus did for us. Then, share with a friend!

**KNOW** that sharing the truth about Jesus is the best thing we can do.

DAY

3

## He Said It, We Do It

Look up this week's verses. Read through it a few times and talk to someone about what Jesus asked His followers to do. For example: Tell others about Him, be kind, and love one another. How could you do the same in your life?

**THANK** God for doing so much for you.

DAY

2

## Always Around

Grab some paper, scissors, and something to write with. Make a bracelet. Cut a strip off of the longest side of the paper, write out this week's bottom line: God is always with you. Ask an adult to help you wrap the paper bracelet around your wrist. Wear the bracelet this week to remind you that God is always there. *(Tip: If you want it to last a little longer, place clear packing tape around your paper before wearing it.)*

**LOOK** around to see that God is always there.

DAY

4

## Be Here

Talk to God and ask for guidance on sharing the Good News about Jesus.

~~~~~  
 "Dear God, I know you are always there. I pray that I can always see you and feel you, especially when I feel like I can't. I pray that you will help me tell others about Jesus. I love you. Amen."  
 ~~~~~

**ASK** to feel God's presence.



# God is always with you.

GOD IS  
ALWAYS  
WITH YOU!





# Resilience is getting back up when something gets you down.

Proverbs 16:3



DAY  
**1**

## Keep Going!

Grab a friend and timer for a little competition. Stand face to face and do the actions listed below for 30-seconds. Add one move after every 30-seconds. Reset the timer each round.

- ~~~~~
- START:** Stand on one foot.
- ADD:** Wave one arm back and forth.
- ADD:** Nod your head up and down.
- ADD:** Close your eyes.
- ~~~~~

**KNOW that with God's help you can keep going even when things get tough.**

DAY  
**2**

## aMAZEingly Tough

Draw a simple maze using a piece of paper and a marker. Make sure you have a clear beginning and end to the maze and give it to a friend to try! Before they do the maze, tell them about how they can do tough things and to keep going. Tell them they can ask for help if they need it.

**LOOK for ways to help others keep going when it gets tough.**

DAY  
**3**

## His Plans & Your Plans

Look up this week's verse and read it out loud. Make a plan to memorize the verse this week. Write your plan below. If you need some ideas, talk with an adult to come up with a plan.

My Plan: .....

**ASK God to help your plan succeed this week.**

DAY  
**4**

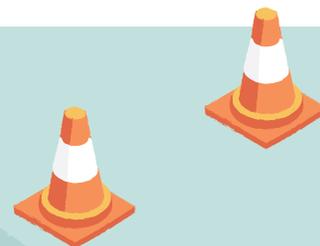
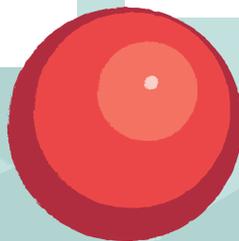
## Pray Through It

Talk to God when things are tough. Make your prayer a little tough. Stand on one leg as you pray the prayer below.

~~~~~  
"Dear God, I know that I can pray to You when things are tough and You are always there when things are good too. I pray that You can always help me remember that You are there in the good and the tough. Amen."  
~~~~~

**THANK God for being there when things are tough.**

Keep going when it gets tough.



**THIS IS  
TOUGH...**



**...BUT WE  
KEEP GOING!**



# Resilience is getting back up when something gets you down.

Romans 12:12



DAY  
1

## Be Joyful

Resilience is getting back up when something gets you down. One way to show resilience is to choose joy and find a way to be happy, even when things don't go your way.

Read the verse below. Say the **bolded** words loudly as you read the verse.

**Romans 12:12**, "When you hope, **be joyful**. When you suffer, **be patient**. When you pray, **be faithful**, (NIrV).

**LOOK to God's Word to be joyful.**

DAY  
2

## Joy Rocks!

Go outside and look for a rock big enough that you can write on. After you find the rock go inside and give it a bath! Once dry, ask an adult to help you use markers or paint that will stick to your rock.

Paint the word joy on your rock. Place your rock in somewhere you can see it daily. When life gets tough, go find your joy rock to help you remember that you can choose joy when life gets hard.

**KNOW that you can choose joy.**



DAY  
3

## Choose Joy

1. Grab some paper and marker. Copy the words below onto separate sheets of paper.  
Happy  
Sad  
Grumpy  
Silly  
Joy
2. Fold up the papers and put them in a pile in front of you. Ask someone to play with you.
3. Take turns choosing a piece of paper.
4. Act out the emotion listed.
5. If you choose joy; shout, cheer, and jump around! Then, go again.

**ASK God to help you choose joy and show your joy to others.**

DAY  
4

## Pray Hard

When life gets hard, pray. Grab your joy rock from the other day. Hold your rock and pray the prayer below.

~~~~~  
 "Dear God, I pray that I can always remember to come to You when things are hard. I know that You can restore my joy. I know You are always with me. Amen."  
 ~~~~~

**THANK God for helping you when times are hard.**



# You can choose joy when life gets hard.

**Search for the word, JOY.  
The word is hidden five times.**

J	O	Y	A	D	Q	H
O	O	M	N	K	N	J
Y	Z	G	S	T	I	L
T	W	J	V	G	R	N
E	H	M	O	M	J	L
M	M	J	O	Y	O	Z
R	X	S	U	H	Y	U

# Resilience is getting back up when something gets you down.

Romans 15:14

DAY

1

## Get Back Up!

Grab a friend or family member and practice some trust falls. Trust that your friend will be behind you to hold you and help you back up (but maybe lay some pillows down first!) Take turns doing trust falls.

**KNOW God is just like a friend that is always right there to help you back up when you fall!**

DAY

2

## What Helps

When we go through a hard time, we can remember that we are not alone. A lot of the heroes that you learned about have gone through hard times too.

Think of some things that help you feel better when you are feeling down. Is it reading about others in the Bible? Singing a praise song? Praying? Take some time to think about what helps you when you are down and draw a picture illustrating what you do.

**LOOK for ways that you can use what helps you to get back up.**

DAY

3

## Filled Up

Read this week's verse a few times. Grab two cups, one slightly larger than the other. Fill the larger cup with water and leave the smaller one empty. Over your sink or outside, pour the water into the empty cup, keep pouring water in until the cup overflows! Think of the empty cup as you and the water as the joy that can fill you! When you are full of joy you can't help but let it overflow by telling others about God, singing, and praising Him!

**ASK God to fill you with joy!**

DAY

4

## I Get Back Up!

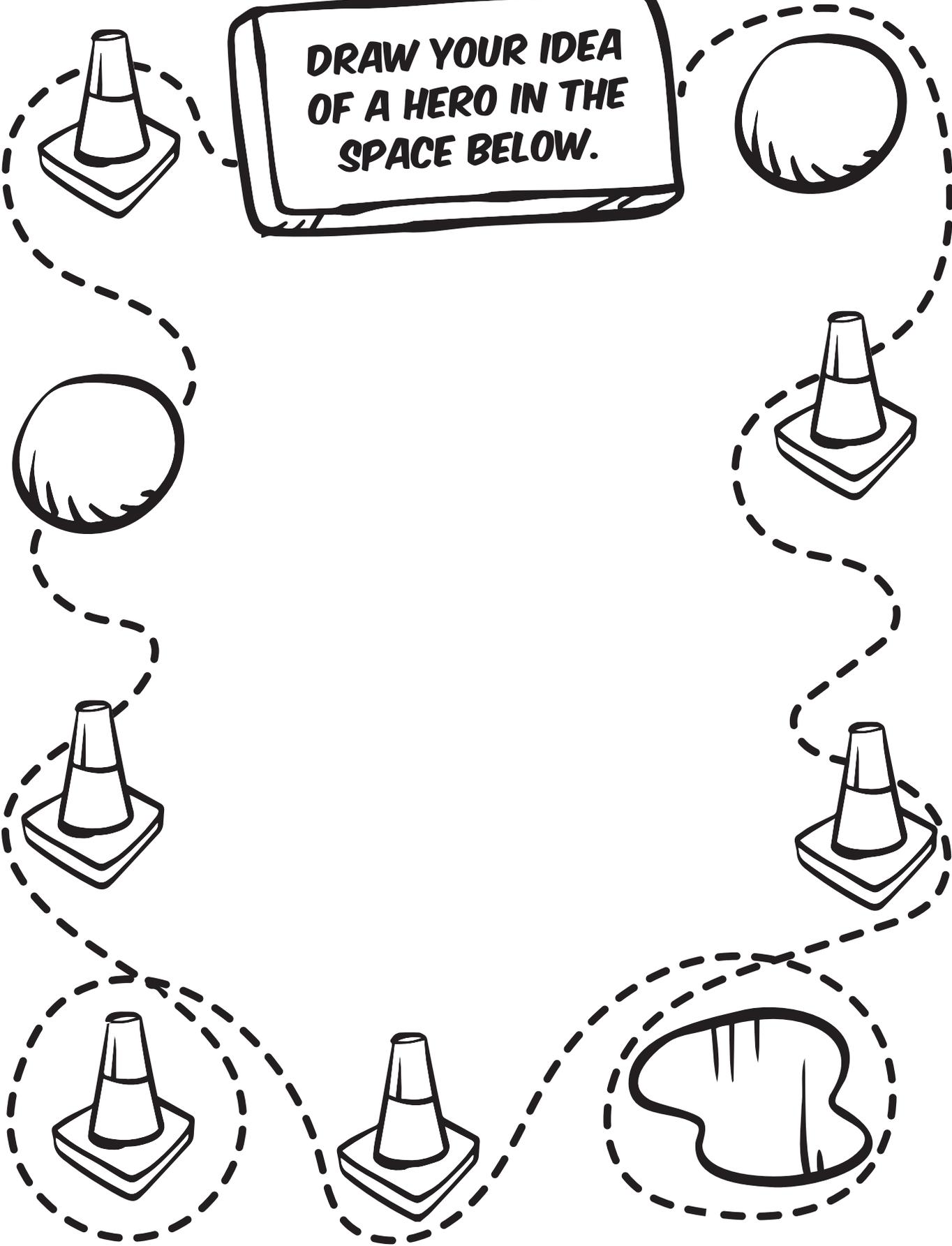
Lie on your back for this prayer! Pray something like what is written below. Jump up after you say amen!

~~~~~  
 "Dear God, Thank You for being there for me when I need You. I pray that I can be joyful even in the hard times. Thank You for always picking me back up! I love You. Amen!"  
 ~~~~~

**THANK God for picking you up when you are down!**

Trusting God can help you get back up.

**DRAW YOUR IDEA  
OF A HERO IN THE  
SPACE BELOW.**



# Resilience is getting back up when something gets you down.

Hebrews 12:1

DAY

1

## I Spy Jesus

Play a game of "I Spy" with a friend. Go outside in nature to see things that were created! What is the beauty around you that you can spy?

**KNOW that what was created was created for you!**

DAY

2

## Look!

Use paper, scissors, tape, and some string to create a set of binoculars or a pair of glasses. After you have completed your designs go for a walk around your house or neighborhood (with an adult!) and look at all God has done! *Bonus: Create a pair for a friend and have them come with you! Talk about what God has done for you!*

**LOOK at the things God has done for you.**

DAY

3

## Throw It

Look up this week's verse and write it out on a piece of paper. Crumble up the paper into a ball. Say the verse out loud and then throw the paper ball to someone else. They say the verse and throw it back! Do this to help you remember your verse.

**ASK God to help you throw off your worries.**

DAY

4

## He Did It

Jesus came here to live, tell others about God, die, and come back to life just so we can go to heaven one day. He did so many amazing things just because He loved us, even before He knew us! Let's take some time and thank God for sending Jesus here.

~~~~~  
 "Dear God, Thank You so much for sending Jesus here to live and die for us. We can see so much of Your amazing work through Him. Because of Jesus, we have joy! Joy that can be seen and felt every day when things are easy or when they are hard. Thank You so much! In Jesus name, amen."  
 ~~~~~

**THANK God for sending Jesus.**

**Keep going because of what Jesus did for you.**

