



Bounce Back: Get back up again

Resilience is 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

Week One

Great Commission and Spread of the Gospel

Matthew 28:16-20, Acts 1 and 2

God is always with you. When have you felt alone?

Week Two

Peter and John Are Taken to the Sanhedrin

Acts 3:1-4:21

Keep going even when it gets tough. When have you decided to keep going?

Week Three

Paul and Silas in Prison

Acts 16:16-40

You can choose joy when life gets hard. What helps you keep going?

Week Four

Heroes of the Faith

Hebrews 11

Trusting God can help you get back up. Who inspires you to get back up?

Week Five

Keep Looking to Jesus

Hebrews 12:1-3

Keep going because of what Jesus did for you. What can help you focus on Jesus?

Elementary

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your kid starts their day, send them off with some encouraging words. Complete the following statement: “I hope you know . . .”



Meal Time

At a meal this week, ask everyone at the table: “What is something you like to always have with you?”



Drive Time

While on the go, ask your kid: “What was the best part of your day today? What was the worst part of your day?”



Bed Time

Pray for each other: “God, help us to remember that we are never alone. When we feel lonely or overwhelmed, remind us that You are always with us.”



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