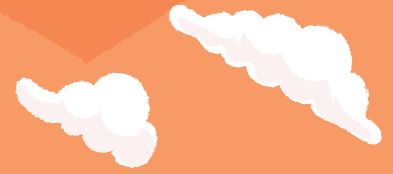




Resilience is getting back up when something gets you down.

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.



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.



Journal

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



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Day 1

After watching, write one thing that:

1. You liked:

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2. You learned:

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3. You'd like to know:

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Go to bit.ly/SundaysAtHomePretteen 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!



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 \longleftrightarrow .

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!

