

# 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!

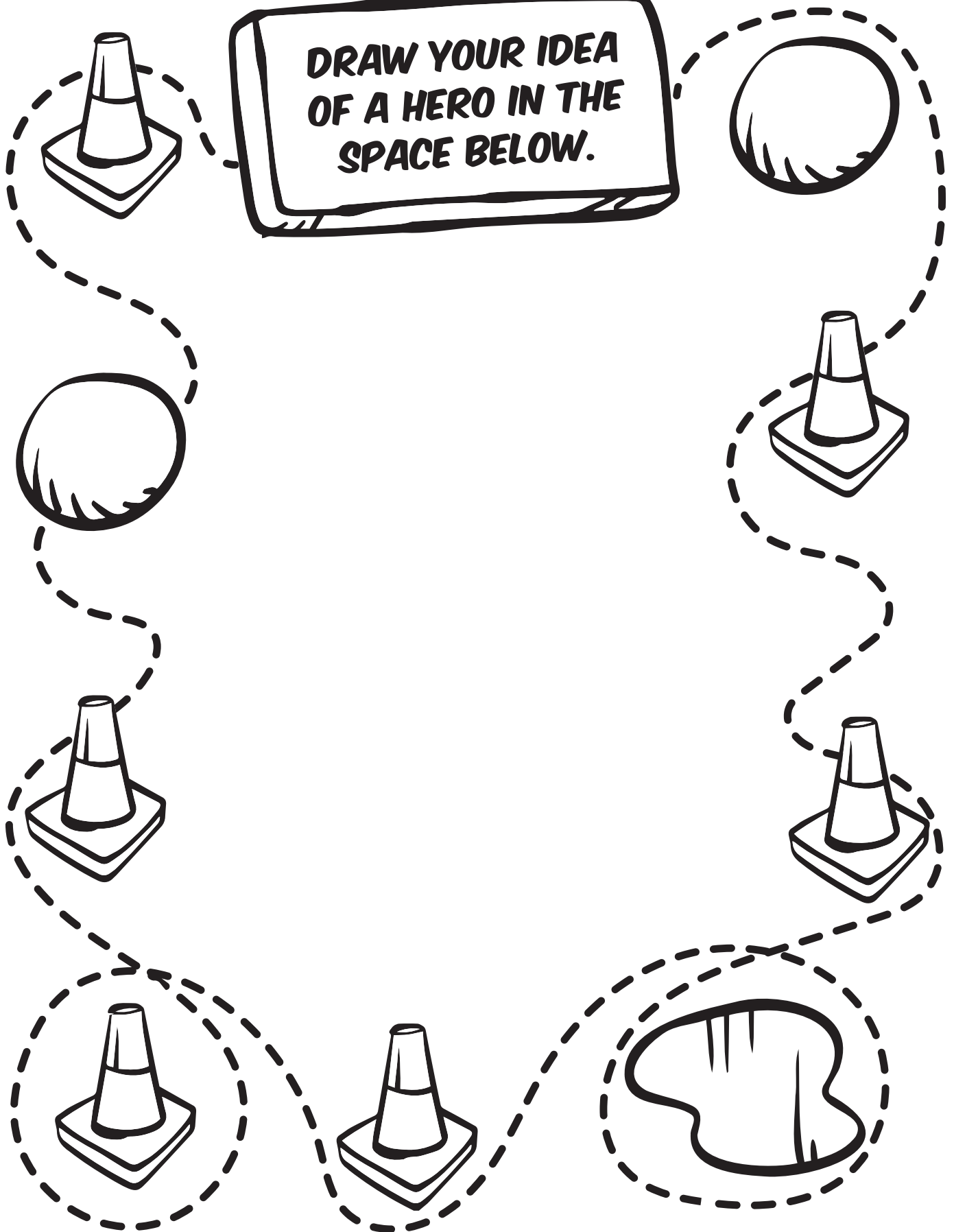
~~~~~  
 "Dear God, Thank You for being there for me when I need You. I pray that I can be joyful even in the hard times. Thank You for always picking me back up! I love You. Amen!"  
 ~~~~~

**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.



## 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."

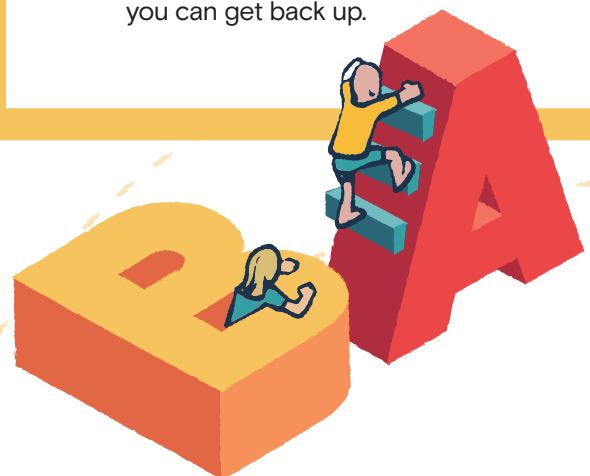
Why? Because God was about to do something big. Something none of them could have guessed. God was about to part this huge sea and make a path for them to walk across.

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.



Journal

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



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

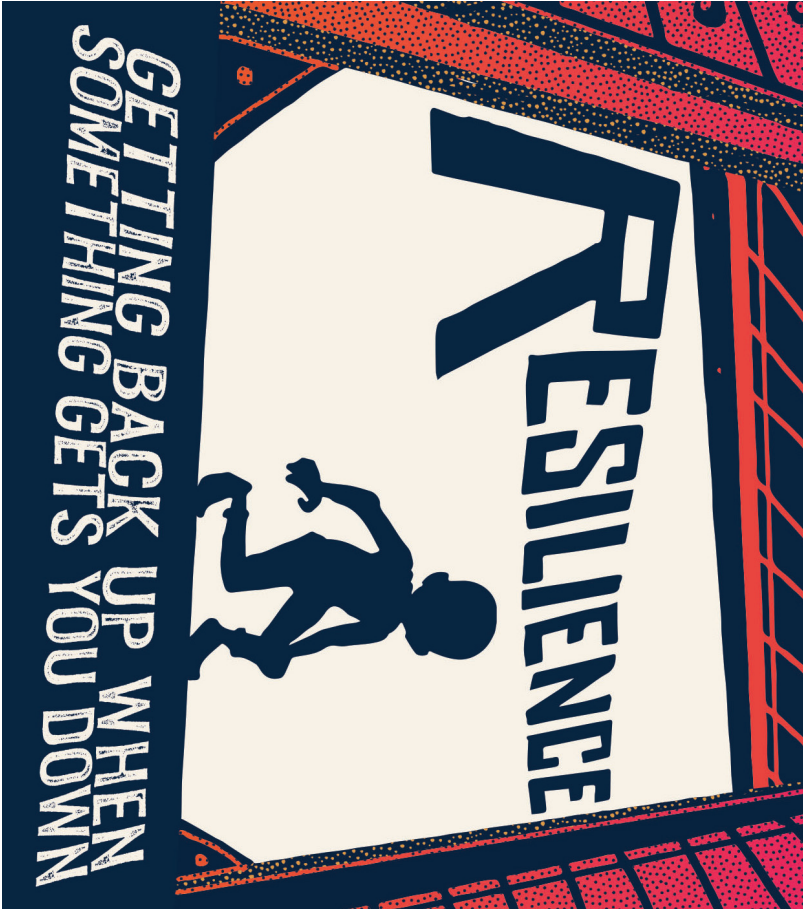
.....

.....

.....

May  
2022

Week Four  
4th-5th



Day 1

After watching, write one thing that:

Go to [bit.ly/SundaysAtHomePreeteen](http://bit.ly/SundaysAtHomePreeteen) 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

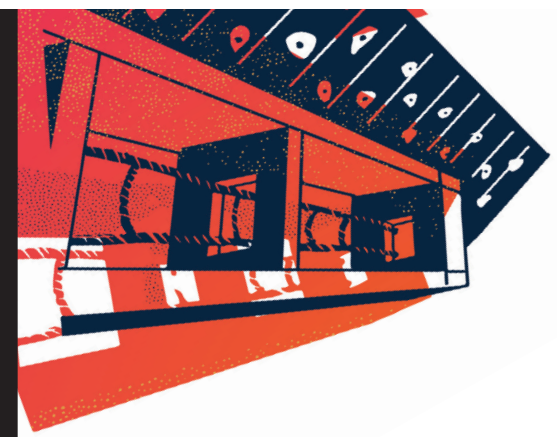
### Read Hebrews 11

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.**

