

# Bounce Back: Get back up again



Use this guide to help your family learn about resilience.

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

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:

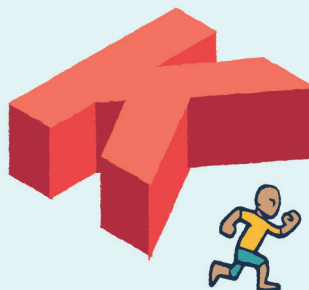
Choose a song that you and your child both like.

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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### Key Question

Who inspires you  
to get back up?

## Activity

### Up and Down

#### What You Need:

Two pieces of paper; writing utensil

#### What You Do:

On the left side of one sheet of paper,  
draw an arrow pointing down. On the  
right side of the other sheet of paper,  
draw an arrow pointing up.

Say, "On the piece of paper with an arrow  
pointing down, write down some things  
that make you feel down."

Then say, "On the paper with the arrow  
pointing up, write down some things  
that help you get back up when you're  
feeling down."

When you're finished, say, "We learned  
about several "heroes of faith" in our  
story today. Their stories can inspire  
us to bounce back and be resilient  
when we're feeling down . . . just like  
the people and things on the page with  
arrow pointing up!"

## Talk About the Bible Story

How is having faith similar to having resilience?  
(*You keep believing, even when it's tough. You keep  
trying, even when it's tough.*)

What is faith, in your own words?

Why is it important to know the stories in the Bible?  
How do those stories affect our ability to bounce  
back?

How can faith and trusting God help us to get back  
up again?

*Parent: Share about someone who leads and  
encourages you when you go through a hard time  
and you're tempted to give up.*

## Prayer

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

"God, You can be trusted no matter what! You love  
us and You are always with us. You know us, and  
You want us to know You. Thank You for Your Spirit  
that gives us strength . . . for Jesus, who gave us a  
way to be with You now and forever . . . and for the  
heroes of faith who show us how important it is to  
trust You. Thank You for inspiring us to get back up,  
even when things are hard or we don't understand.  
Amen!"