

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. Crumple 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

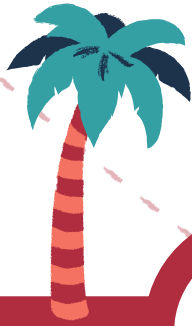
Jesus came here to live, tell others about God, die, and come back to life just so we can go to heaven one day. He did so many amazing things just because He loved us, even before He knew us! Let's take some time and thank God for sending Jesus here.

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 "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."

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THANK God for sending Jesus.

Keep going because of what Jesus did for you.





Resilience is getting back up when something gets you down.



DAY 1

Read 1 Peter 1:8-9

Write what you know about Jesus below:

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Jesus, God's one and only Son, died on the cross for our sin, was buried and rose again on the third day. Before He left Earth to return to heaven, He told His followers to "make disciples," to tell others about what He had done.

Jesus loves you. He died and rose again for you. And though you cannot see Him, you can choose to trust in what He has done for you. Maybe you already have. Maybe you still have some questions.

Either way, the biggest reason we have resilience to get back up even when we face hard things is because of Jesus. **You can keep going because of what Jesus did for you.**



## DAY 2

### Read Philippians 3:14

Ever tried to push something heavy? Pushing requires strong shoulders! Let's try a few shoulder strengthening exercises. Write out today's verse on a card to keep nearby as you repeat the verse as directed below.

#### Wall Push

Head to an open spot on a wall in your house and push, with both hands on the wall in front of you (no forearms or shoulders, JUST your hands), keeping elbows slightly bent. Push as hard as you can while repeating today's verse three times.

#### Hand Push

Put your palms together in front of you (as if you are praying) with your elbows out, forearms parallel to floor. Push your hands together as you repeat today's verse four times.

#### Chair Push-Ups

Sit down on a sturdy chair. Place your hands on either side of the chair and push, until your bottom rises off the chair. Can you hold this as you say the whole verse?



### DAY 3

## Read Philippians 4:19

Read the list of needs below. Match up each need on the left to one way that need can be met on the right.

|        |                |
|--------|----------------|
| Tired  | a friend       |
| Hungry | a hug          |
| Cold   | a comfy bed    |
| Sad    | food           |
| Lonely | a warm blanket |

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God promises to meet all of our needs. And God always keeps promises. When you put your faith in Jesus, you have access to all of those same riches.

When it's hard to keep going, when you want to quit, when it seems like no one else is making the wise choice, remember that God will give you what you need. So remember, you can keep going because of what Jesus did for you.

DAY 4

Read 1 Corinthians 15:57-58

Staring Contest

Find a friend, sibling, or parent and have a staring contest! Sit and stare at each other. The first person to blink, laugh or look away loses. Play for best three out of five and declare an overall Staring Contest winner!

Did you win? If not, here are some tips before you try another round:

- ➔ Take a long blink then close your eyes tightly. Try to yawn to produce a few tears.
- ➔ If possible, try to look through the person instead of focusing on them.
- ➔ When you want to blink, squint instead to bring some moisture back to your eyes.

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It's one thing to be still enough to win a staring contest. But choosing to do what's right, to stay strong in your faith and not be moved, that's a whole lot harder! But it's not impossible.

Because of Jesus, no matter what, we win! When we put our faith in Jesus, we belong to God! And nothing is too big, too hard or too impossible for Him. So stop and pray today and thank God for Jesus, remembering that you can keep going because of what He has done for you.

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



Journal

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



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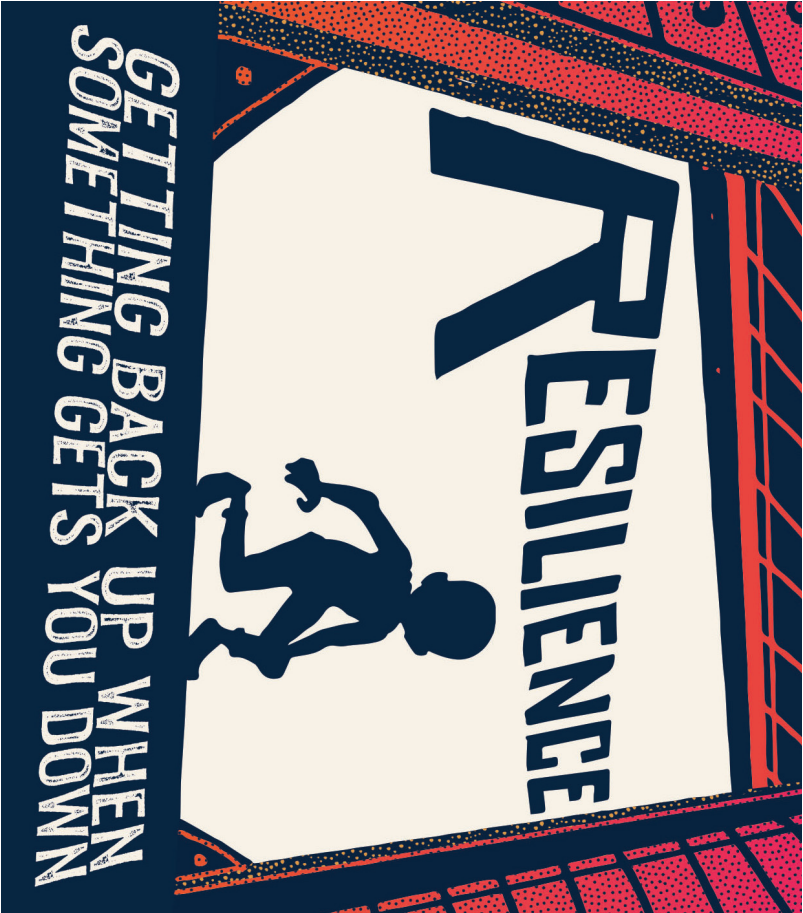
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May 2022

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Week Five  
4th-5th



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](https://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 Hebrews 12:1-3

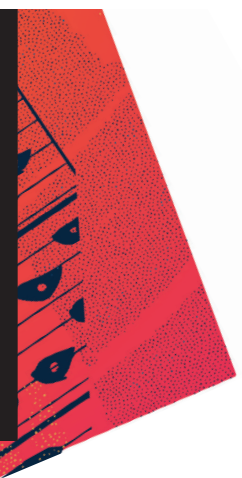
Clear out a space in your room or head to an empty hallway. Make sure nothing is on the floor or in your way.

Begin jogging slowly, and as you move, read Hebrews 12:1-3 out loud. When you're done, sit down and read it again.

Did you find it easier to focus on what you were reading when you were jogging, or when you were sitting still? There's no right or wrong answer—we're all wired differently. But the point is, it's important to make choices that can help you focus on Jesus and what He did for you. That will help you keep going!

Jesus paved the way for us. Even when we're tired and mess up—we know we can get back up and keep going because we're loved and forgiven no matter what.

Following Jesus can be like running an obstacle course. The goal is to obey God, to love God and to love other people. You'll mess up along the way. You'll break the rules. You'll say and do things that aren't loving. But you can't let your mess ups stop you from trying again. Remember, Jesus has already paid the price for all of our sins, all our mess ups, when He died on the cross. He did that for you, because that's how much He loves you.



## Day 4

Who do you know that would be willing to go on a run with you?

It doesn't have to be a fast run—in fact, slow is better, so you can talk while you move. Make plans for a run in the next few days, and ask your friend to be thinking about their faith journey in the meantime: about the things that have challenged them, inspired them, distracted them, and helped them focus on Jesus.

As you run together, keep a slow enough pace that you can talk. Share your challenges and distractions that can make you stumble as you work to love God and others. And share the things that have kept you focused, encouraged, and energized on your journey! When you get tired from running, keep going, just for another minute or two, to remind yourself that you can **keep going because of what Jesus did for you.**

*P.S. If weather or other obstacles keep you from running, you can also try this activity while doing other types of exercise, like jumping jacks or running in place. Or you can grab a smoothie or sports drink and still have the chat!*

These incredibly fast runners take it to the next level by jumping over hurdles—obstacles in their path. If they hit a hurdle, it may slow them down, but they just keep going. Even if they fall, they just get back up and keep going.

Sometimes life isn't easy. You're trying to follow Jesus by obeying God, loving God and loving other people, but you can get distracted by things that don't matter and trip over things in your path. And then there are the times you make choices that just aren't wise and you feel like you're down for the count. But you can't let your mess ups stop you from trying again.

Take a minute to ask God to help you jump over the hurdles in your life—and to help you focus on Jesus and what He did instead of the obstacles in your way.

## Day 5



What can help you focus on Jesus?

Think back to your conversation from yesterday. What activities really stood out to you as things that have encouraged you or your friend on your faith journey—things that help you focus on Jesus and keep going?

Maybe it's going to church, reading your Bible, praying with your family, or listening to worship music. Whichever of these things help you focus on Jesus, make a plan for including them in your life each day. Write your "training plan" below—committing to a daily practice so you're ready to run the race of following Jesus.

Each day, I will:

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■ \_\_\_\_\_

Each week, I will:

■ \_\_\_\_\_

■ \_\_\_\_\_

Each month, I will:

■ \_\_\_\_\_

■ \_\_\_\_\_

And remember, this isn't a checklist to make you feel stressed or guilty, but a training plan to help you focus on Jesus. Choose to spend your time on the things that will build you up and focus on Jesus, and then you will be able to keep going because of what Jesus did for you.