



Resilience is getting back up when something gets you down.

Proverbs 16:3



Keep Going!

Grab a friend and timer for a little competition. Stand face to face and do the actions listed below for 30-seconds. Add one move after every 30-seconds. Reset the timer each round.

- ~~~~~
- START:** Stand on one foot.
- ADD:** Wave one arm back and forth.
- ADD:** Nod your head up and down.
- ADD:** Close your eyes.
- ~~~~~

KNOW that with God's help you can keep going even when things get tough.



His Plans & Your Plans

Look up this week's verse and read it out loud. Make a plan to memorize the verse this week. Write your plan below. If you need some ideas, talk with an adult to come up with a plan.

My Plan:

ASK God to help your plan succeed this week.



aMAZEingly Tough

Draw a simple maze using a piece of paper and a marker. Make sure you have a clear beginning and end to the maze and give it to a friend to try! Before they do the maze, tell them about how they can do tough things and to keep going. Tell them they can ask for help if they need it.

LOOK for ways to help others keep going when it gets tough.



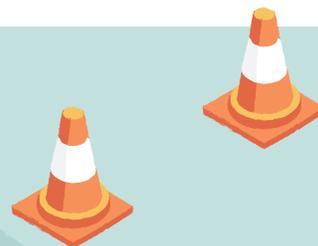
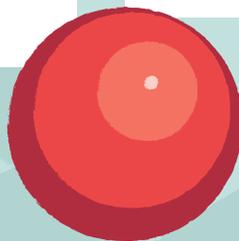
Pray Through It

Talk to God when things are tough. Make your prayer a little tough. Stand on one leg as you pray the prayer below.

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"Dear God, I know that I can pray to You when things are tough and You are always there when things are good too. I pray that You can always help me remember that You are there in the good and the tough. Amen."  
~~~~~

THANK God for being there when things are tough.

Keep going when it gets tough.



**THIS IS
TOUGH...**



**...BUT WE
KEEP GOING!**

Resilience is getting back up when something gets you down.

DAY 1

Read 1 Corinthians 16:13

What does a guard? A guard protects people or property.

If you were to choose someone to guard your house, what kind of person would you hire?

Grab a piece of paper and write down some qualities you'd want in a guard. You could even make it into a job description or draw a picture of the kind of guard you'd like to hire.

A guard's number one job is to pay attention. If you hired someone to guard your house and then caught them sleeping on the job, you would probably fire them.

If we want to be resilient, to keep doing the wise thing even when it's hard, we have to be on our guard. We need to pay attention and stay strong so we can keep following Jesus.

This week, **be on your guard and remain strong in your faith remembering that God will help you so that you can keep going when it gets tough.**

DAY 2

Read Romans 12:12

Was there a time this week when you faced something tough and you wanted to quit?

Today's verse gives us a big clue of how we can keep going, even when it gets tough. When things get tough, we can always pray.

When you pray, you are talking to the God of the universe! When you pray, you are talking to the one who is bigger and stronger, more loving and kind, than anyone else. **God always hears you and promises to help.**

Keep Going Prayer

1. Grab an index card or scrap of paper.
2. Write a simple "keep going" prayer of ten words or less to ask God to help you keep going even when it gets tough.
3. Place it in your backpack. When you're tempted to quit, pull out that card and pray.





Read Galatians 6:9

What are some ways that your body lets you know you're tired? Maybe you yawn or your eyes start to droop. Maybe you even nod off for a second and your head slumps forward. God made our bodies to need regular rest. But being physically tired is different from the tired in today's verse. God urges us to not become tired of what? Doing good!

But that's not easy! It's hard to . . .

- ➔ be honest and tell the truth.
- ➔ let someone else go first.
- ➔ not say something mean when someone calls you a name.

There's good news though. When we choose to do the right thing, good things can follow. Because . . .

- ➔ choosing honesty shows others they can trust you.
- ➔ putting someone else first makes you a friend others want to hang out with.
- ➔ holding your tongue means you won't say something that you don't really mean.

The good things to follow may not happen immediately. But that's okay. **We can still keep going, keep doing the right thing, even when it's tough.**

Read Job 17:9

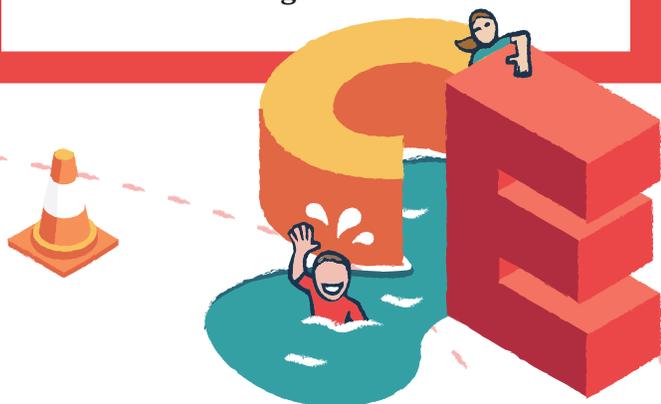
We know a lot about clean hands these days, don't we? Washing your hands is a big key to staying healthy. But today's verse isn't talking about clean hands to avoid getting physically sick.

When you do the right thing, you have nothing to hide, right? When you make an unwise choice, what are you most tempted to do? Yep, to hide it so you avoid getting in trouble. But when your parents or your teacher finds out what you were hiding, what happens? Yep, the consequence can be worse because you tried to lie and cover it up.

It's better to do the right thing. To make a choice that you don't have to cover up. Even if it's hard. Because the promise we find in today's verse is true: **when you keep doing what is right, you will grow stronger.**

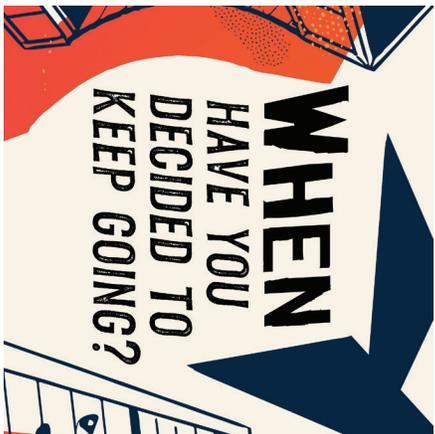
Clean Hand Challenge:

1. Write down the words of today's verse.
2. Post it near a sink in your house that most everyone uses.
3. Challenge your family to repeat the verse five times every time they wash their hands this week as a reminder to keep going even when it gets tough.



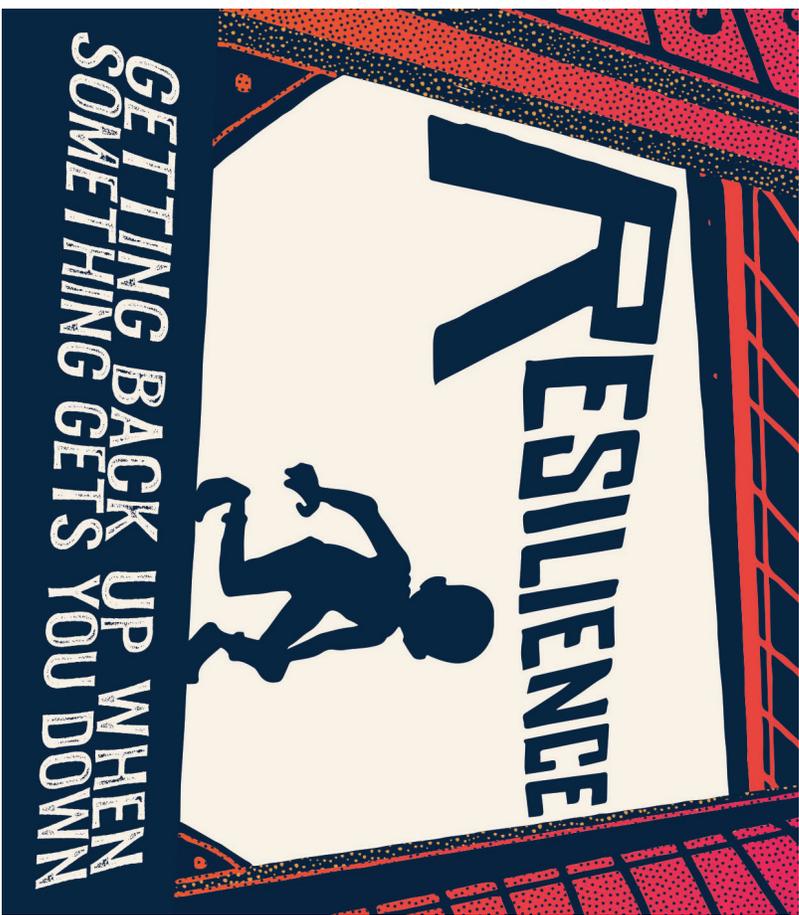
Keep going even when it gets tough.

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:

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!

1. You liked:
2. You learned:
3. You'd like to know:



Day 2

Read Acts 3:1-4:21

As you read through Acts 3:1-4:21, underline each time that Peter gives credit to God for something that happened (such as in Acts 3:12-13).

Peter and John healed a man who couldn't walk, and then they shared the good news that Jesus had come to save. Hundreds gathered to listen to Peter and John, and many of them believed. But the religious leaders were not happy. Peter and John were arrested and brought before the leaders—who threatened them and told them to stop talking about Jesus.

But Peter and John kept going even when it got tough—for one important reason: God's Spirit helped them get back up and keep going.

And because they kept going and kept sharing (see all those times you underlined?), thousands of people believed in Jesus!

Day 3

How do you keep going when it gets tough?

Thankfully, you don't have to do it alone! You can ask God for help whenever you need it. God can give you the strength to get back up when something gets you down.

Grab some sticky notes (if you don't have any, you can cut a couple of sheets of paper into pieces and use tape) and something to write with.

Write the following words on separate sticky notes: PRAY, KEEP GOING, ANSWERED PRAYER. (You can write A.P. for short.) Find a blank wall, and stick the notes up on it, from left to right.

Then with the remaining sticky notes, write down on each one a situation in which you need resilience to keep going. Write as many as you can, then keep the sticky notes nearby to keep adding throughout the month. Place the prayer requests under "START." Then spend some time asking God for help with those situations.

Each day, keep praying for the things you wrote down, and add new things as they come up too. (You'll move the sticky notes throughout the week, don't worry!)

Day 4

Keep going even when it gets tough.

It helps to keep going when you know others are also being resilient! Who, in your life, do you know who is going through a situation that they could use some help to keep going? Reach out and ask them how you can pray for them. Then write the prayer request on a sticky note and add it to under "PRAY."

Next, ask some family members for some stories of things they needed resilience to make it through. Write the situation on a sticky note and put it under "A.P."

Be sure and tell your family and friends that you're praying for their resilience and to keep you updated on how things go!

Day 5

When have you decided to keep going?

Take a look at your sticky note display from earlier in the week. Then answer the following questions.

- Have any of these situations been resolved? Maybe the math test you were studying for is over, or you finally figured out that hard part of your piano piece. Move that sticky note over to "A.P."
- Are you tempted to give up in any of these situations? If you are, keep the sticky note under PRAY for now, and ask God to help you keep going. You can also reach out to a friend and ask them to pray with you!
- Are there any situations where you've seen progress made, but you still need to keep going? Maybe you've been nicer to your little brother or you've done your chore every day without being asked, but you know you need God's help to keep going. Move those sticky notes to "KEEP GOING," and then do that!

Keep your sticky note display up the rest of the month (or longer, if you'd like), and do some check-ins from time to time to see how you've kept going with God's help! And don't forget to check in on your friends and family too and encourage and celebrate each other as you keep going!

