

# Resilience is getting back up when something gets you down.

Read: Isaiah 41:10

DAY

1



## Not Alone

Who is a friend of yours that you like to spend time with? Ask your adult to schedule a play date with a friend who is always there for you—or a friend that might need you! Just like that friend, Jesus is the BEST friend we could have, and is always there.

**THANK God for friends!**

DAY

2

## Draw it Out

Think about a time you were sad and God helped you. Maybe God helped you by giving you peace or by having someone come alongside you to comfort you. Draw a picture of a time that this has happened to you.

**LOOK for the ways God takes care of you.**

DAY

3

## I am Your God

Look up this week's verse and fill in the blanks below with your adult. Then read it aloud together!

Isaiah 41:10, NIV

So ..... be ..... I am with you.

Do ..... be terrified. I am your ..... I will

..... you ..... and help you. I will .....

you ..... in my hands. I always do what is .....

**KNOW that God is always with you.**



DAY

4

## Hey, Jesus

Jesus wants us to talk to Him like a friend. He is always there to listen and help us. Pray the prayer below, or you can pray your own prayer asking Jesus to help guide you when you're sad.

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 "Hey Jesus, thank You for always being there for me. I know that You always have my back. You will take care of me when I'm sad and help me when I need you. Help me to always remember that You are there for me, and I am never alone. In Your Name, I pray. Amen."  
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**ASK Jesus to help you when you are sad.**

When you're sad,  
remember you're  
not alone.





# Resilience is getting back up when something gets you down.



## DAY 1

### Read Ecclesiastes 3:4

As a newborn, it's easy to get your days and nights mixed up. Because their tummies are small, newborns need to be fed every two to three hours. As you grow, your tummy can hold more, so your caregivers could stretch out those feedings—and then you got your days and nights all figured out. Now you know there's a time for sleeping and a time to be awake!

This month, we're learning about resilience—getting back up when something gets you down. Today's verse reminds us that sadness is a part of life. We all face hard things, but we never have to face it alone. We have a God who loves us and who cares about us, especially when we're hurting. We can trust God to take care of us and to comfort us when we're sad.

## DAY 2

### Read Ephesians 6:10

Who or what do you depend on? You depend on your teachers to teach you and your chair to hold you when you sit. Or maybe you depend on your last pencil to not break when you're about to take your test.

When it comes to having the resilience to get back up even when the going gets tough, there is someONE you can depend on. God is always with you. And when you stop and ask for help, God hears you and answers you. Always.

### Crack The Code

Complete the verse using the code below

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DAY 3

### Read John 11:35–36

Jesus wept. It is the shortest verse in the Bible, but it's packed with meaning and importance for us. Jesus felt sadness just like you. Standing at the tomb of His friend, surrounded by Lazarus' sisters and others who were so sad, Jesus cried real tears. And though Jesus knew that He would raise Lazarus from the dead, He stopped to cry, to feel all the same emotions we experience.

Sometimes, you will feel real sadness too. You will cry and be upset, and those feelings are okay. Jesus felt those same emotions. He understands what loss feels like. He is ready to comfort and help you because Jesus loves you just as He loved Mary, Martha and Lazarus.

1. When was the last time you felt sad about something?
2. Who did you talk to when you were sad?
3. Did you think to pray and ask Jesus to help you in your sadness? Why or why not?

DAY 4

### Read Psalm 34:17

When you are sad or upset, when it seems like things will never get better, do you stop and think about God?

Today's verse reminds us of one BIG truth. When we're sad, we can cry out to God. God hears us and is ready to help. God doesn't promise that we won't experience trouble. We will face hard things in our lives for sure. But when we do, we can ask God for help, and God will hear us. God is there to help you get back up and keep going! When you're sad, remember you are NEVER alone.

What is one thing you can do this week to remind yourself that God is with you? You could stop and pray before you step off the bus in the morning or right after the morning announcements. You could pray before each meal to remind yourself that God loves you and is with you. Make time each day to talk to God and remind yourself that you are NEVER alone.

**When you're sad,  
remember you're  
not alone.**



Journal

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



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January  
2025

Week One  
4th  
Grade



Day 1

After watching, write one thing that:

1. You liked:

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Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

2. You learned:

.....

Download it for free at [parentcue.org/app](https://parentcue.org/app).

3. You'd like to know:

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Even if you already saw it at church, feel free to check it out again!



## Day 2

Read John 11:17-36

As you read through the passage, underline any parts that talk about people being sad and other people being there to comfort them. Then check the answers to see if you caught them all before continuing to read this devo.



Did you get them all right? It's possible you may have missed some of verse 33, but the truth is, the entire verse should be underlined. Even though Jesus was crying, He knew that He had the power to bring Lazarus back to life. So why would He have been crying? As a human, Jesus experienced emotions such as sadness too. It's possible that Jesus was crying because He didn't want Mary and Martha and the others who loved Lazarus to feel alone. He wanted them to know that He loved Lazarus too, and that even though they were sad, they were not alone because Jesus is with them in their sadness.



Answer: Underline verses 19, 21, 31, 32, 33, 35

## Day 4

Talking to God when you're sad is important.

God is always with you, and since you know you can trust God no matter what, inviting God into your situation can bring you comfort and peace. But sometimes it also feels good to talk to another person about whatever is making you sad. Whether you'd like some advice, a hug, or simply someone to listen, having someone you can trust with your feelings can be just what you need to not feel so alone.

**Who can you talk to when you're sad?**

Who is that person for you? Find some time today to talk to them—perhaps about something you're dealing with that makes you sad, or simply to thank them for being a safe person with whom you can truly be yourself.



## Day 3

Think about the last time you were sad about something.

It may have been something big and really hard to go through, or it could have been something that didn't seem like a big deal to everyone else, but it still made YOU sad. When it comes to being sad, sometimes we feel alone—because it's so big that no one else has experienced it and doesn't seem to understand, or it feels like people think you're exaggerating, and it shouldn't make you that sad. There's great news though: You are NOT alone! You can talk to God about anything—including anything big or small that makes you sad.

Is there something making you sad right now? Take a couple of minutes to talk to God about it. Be as open and descriptive as you can be. If you're not feeling sad about anything, then instead pray a prayer of gratitude, thanking God for always being there for you, even when you're sad.

## Day 5

Get a sheet of paper and fold it in half.

On the outside, write, "FEELING SAD?" or simply draw a frowny face—maybe even add a tear. On the inside, write:

**When you're sad, remember you're not alone.**

Below that, write down who you can talk to when you're sad. It might be a parent, a sibling, a friend, a teacher. . . write down as many names as you can think of—people who you trust will listen and care when you are sad. And don't forget to put, "God" too!

Place or tape the card somewhere you will see it so that the next time you're sad, you'll remember you're not alone.



## Day 5