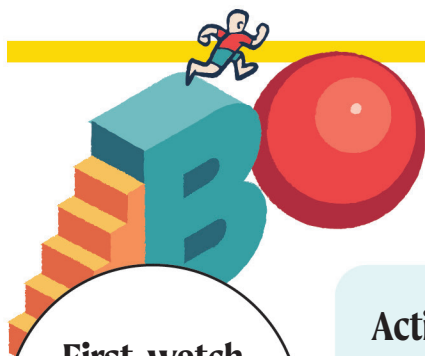


# Bounce Back: Get back up again



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

Paul and Silas  
in Prison  
Acts 16:16-40

### Bottom Line

You can choose joy  
when life gets hard.

Use this guide to help your family  
learn about resilience.

## Activity

### Finish That Line

#### What You Need:

No supplies needed.

#### What You Do:

Tell your child that you're going to play a game called  
"Finish That Line."

Say, "I'm going to start singing a song, and then you can  
try to finish the song by singing the next line. Remember,  
you have to sing the line correctly for it to count!"

*Note: If these songs aren't familiar for your family, consider  
substituting these songs with others that your child will know.*

**Song 1:** You: Row, row, row your boat  
Kid: Gently down the stream

**Song 2:** You: Mary had a little lamb, little lamb, little lamb  
Kid: Mary had a little lamb whose fleece was  
white as snow

**Song 3:** You: Twinkle, twinkle little star  
Kid: How I wonder what you are

Then say, "Let's make the challenge a little more difficult.  
I'll sing the *second* part of a song, and then you try to sing  
back the line that comes *before* it. Ready?"

**Song 4:** You: E-I-E-I-O  
Kid: Old MacDonald had a farm

**Song 5:** You: Brother John, Brother John  
Kid: Are you sleeping, are you sleeping

Feel free to add other songs and lyrics. Or switch, and  
have your child sing songs for you to finish the next line!  
Afterwards, say, "There was also some singing in our story  
today, right? Who was singing?" (*Paul and Silas*)

## Talk About the Bible Story

Where were Paul and Silas when  
they were singing? (*in prison*)

Why were they singing? (*because  
they chose to have joy even when  
things got tough*)

How would you have reacted if  
you had been Paul and Silas?

When is the last time something  
tough happened to you? What  
made it hard to be joyful in that  
situation?

*Parent: Share a personal story  
about a time in your life when it  
was difficult for you to choose  
joy. What did you do?*

## Prayer

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

"God, thanks for reminding us—  
through the story of Paul and  
Silas—that we can have joy. Even  
when life seems hard to us, You  
are always by our side, helping  
us through hard times. Help us  
remember that it's Your Spirit in us  
that helps us choose joy. We love  
You, and we pray these things in  
Jesus' name. Amen."



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



## DAY 1

### Read 1 Thessalonians 5:16-18

When life gets hard it's easy to be grumpy or upset. But when your situation gets hard, our verse today gives us a better idea of how we can face it.

#### Unscramble

1. Choose .....  
Y J O

Joy is a deep-down assurance that no matter what happens, everything will be okay because God is in control.

2. Never stop .....  
Y G P N R I A

Remember, you can talk to God anytime, anywhere, about anything!

3. Give ..... no matter what.  
K N H A T S

Even on your worst day, you can always find something to be thankful for.

Praying and giving thanks can remind you that you're not alone and that God, who is always in control, is on your side. You can be resilient and get back up when life gets you down when you choose joy!

## DAY 2

### Read James 1:2-3

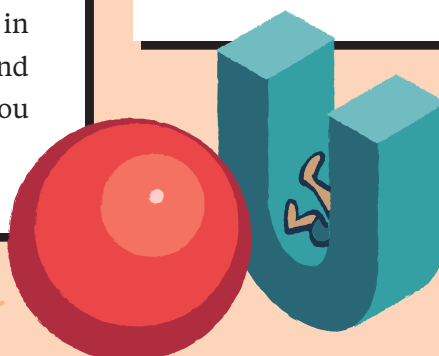
Have you ever watched an athlete perform at the Olympics? They've spent years preparing for that race. Talk about resilience!

Name your favorite athlete. With an adult's help, search for information on the web about that athlete's workout or eating plan.

James wrote the words of today's verse to remind us to keep going, to keep getting back up, to remain resilient in our faith. It will be hard to stand up for what is right, to love others the way God loves you, to put others first. But just like those athletes, you can practice every day. And when you do, it will make you stronger.

Think about a situation today where you had a choice to do the right thing. What did you do? If you made the wise choice, thank God for helping you grow stronger. If you didn't, ask God to help you make the wise choice next time.

**Remember, when you face trouble, you can choose joy knowing that God will help you, always.**



### DAY 3

#### Read Acts 16:24-25

Think about a really bad day where everything goes wrong. Grab a piece of paper and draw a picture to represent your bad day.

Paul and Silas faced a really bad day. You can read all about what happened in Acts 16:16-23. They were beaten and thrown in prison for healing a woman who needed help.

On your very worst day, a day like the one in your picture, you've probably never faced a situation like Paul and Silas. So what did they do?

They could have chosen to complain, cry, be angry with God, stir up trouble with the other prisoners, or plot their escape. But they didn't do any of those things. Instead, Paul and Silas chose to pray and sing to God in worship.

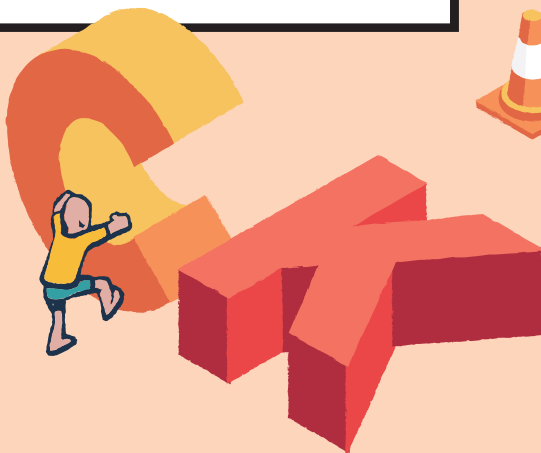
You'll face plenty of bad days like the one in your picture. A big key to resilience is to choose joy. When you trust in God and follow Jesus, you can know for sure you can have joy. Paul and Silas knew that. **You can choose joy when life gets hard.**

### DAY 4

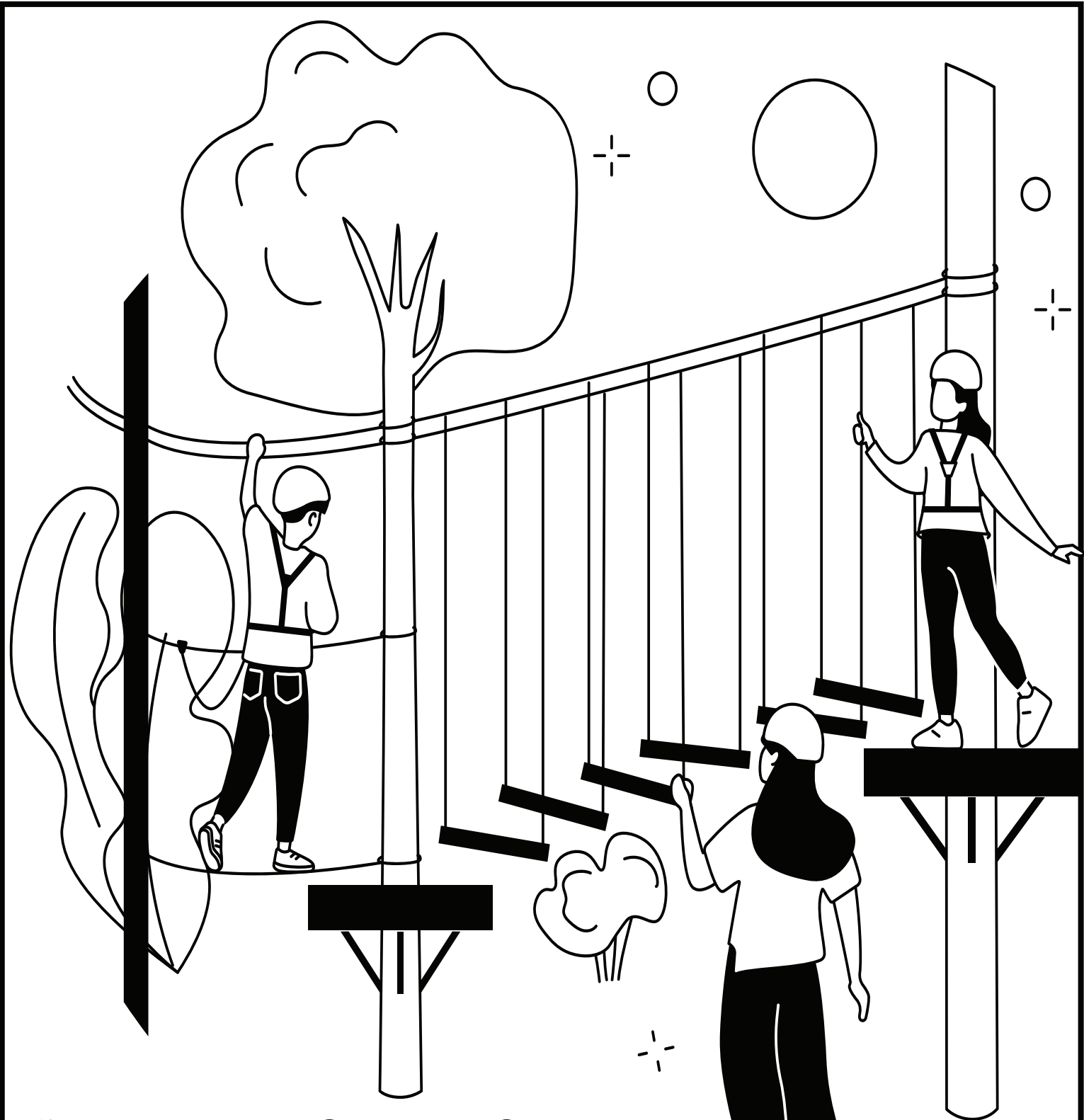
#### Read Psalm 145:14

Do you ever start something and then just want to quit when it gets hard? Like maybe you've tried a million times to memorize your times tables and you just can't do it. Or maybe you want to land a new jump on your skateboard but you fall every time.

It can be hard to keep going when you want to quit. And it can be really hard to do the right thing when you mess up. When you make an unwise choice, you might feel guilty or face a consequence like getting in trouble. But when that happens, **you can choose resilience when you remember that God is on your side.**



**You can choose joy when life gets hard.**



**"IN THIS WORLD YOU WILL  
HAVE TROUBLE. BUT BE  
ENCOURAGED! I HAVE WON  
THE BATTLE OVER THE WORLD."**

**JOHN 16:33B, NIRV**

# MAY 15 – WORD SEARCH

D	L	S	E	T	M	R	E	I	C	J	S	G	E
I	O	U	E	K	J	E	M	N	H	E	S	E	E
T	V	O	U	I	K	S	V	B	O	S	E	T	A
O	E	L	I	N	D	I	B	E	O	U	E	S	E
E	E	N	G	G	E	L	S	H	S	S	B	E	D
O	E	E	R	D	L	I	I	N	E	S	A	T	V
S	D	O	G	O	E	E	E	L	C	L	T	I	D
L	O	O	L	M	A	N	Y	N	I	M	T	S	L
N	S	L	E	O	E	C	C	D	H	E	L	N	O
E	G	O	T	E	O	E	E	G	J	O	E	E	E
G	U	V	B	I	B	L	E	B	S	O	E	E	S
E	O	C	L	D	C	A	S	S	S	E	Y	N	O
R	B	E	O	C	E	G	O	O	D	N	E	S	S
O	G	I	E	B	K	O	I	I	E	O	E	G	O

Find the words hidden vertically, horizontally,  
backwards & diagonally throughout the puzzle.

**RESILIENCE**

**KINGDOM**

**JESUS**

**LOVE**

**BIBLE**

**GOD**

**GOODNESS**

**BATTLE**

**CHOOSE**

**JOY**