

Bounce Back: Get back up again



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

Peter and John Are Taken to the Sanhedrin Acts 3:1–4:21

Key Question

When have you decided to keep going?

Use this guide to help your family learn about resilience.

Activity

Stick to It

What You Need:

sticky notes, and a marker or pen

What You Do:

Give your child three sticky notes.

Say, "Think about something in your life that has been challenging. What made it challenging?"

Give your child some time to think. Discuss their response.

Say, "Now, think about the things that might KEEP you from bouncing back from those challenges. Write down one answer on each of your sticky notes." Possible answers: *You didn't know how to fix it, you didn't want to do it, it didn't make sense, it was boring or not fun, you were scared, etc.*

Give your kid three additional sticky notes.

Say, "On these sticky notes, I want you to write three reminders that God is with you." Possible answers: *I am resilient, God is always there, I can trust God, God is bigger than my problems, the memory verse (Isaiah 40:31), etc.*

Then say, "Put the second sticky notes on top of the first, so that you cover up the reasons for not being resilient. Then place the sticky notes somewhere you can see them, as a reminder that you can always bounce back from challenges because God is with you."



Talk About the Bible Story

Why were Peter and John arrested? (because they were telling others that Jesus is God's Son)

How did Peter and John keep going, even when things got tough? (They relied on God; they trusted that God was with them.)

What does it look like to be resilient when a friend isn't treating you kindly? What about when you're not getting along with someone? Or when you're struggling with learning something at school?

What can you do if you aren't sure how to be resilient in a certain situation? (Ask a parent or Small Group Leader for advice, pray, read the Bible, remember that God is with you)

Parent: Share a story about a difficult situation and how God helped you keep going, even when it got tough.

Prayer

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

"God, You are with us always. We know that Your Spirit gives us the power to bounce back. Please give us the courage and strength we need to keep going. Thank You, God, for Your Word. It shows us who You are and reminds us what's true. We love You, God! Amen."

