

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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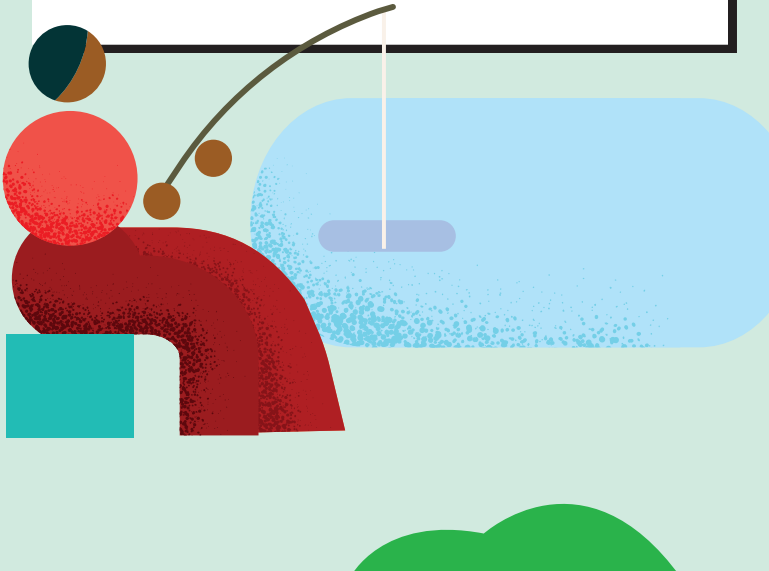
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DAY 3

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.

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DAY 1

Read Philippians 4:6-7

Have you ever been really worried about something? Maybe there's a mean girl at school that won't leave you alone. Or there's a class that's really hard and you've made a couple of low grades. Sometimes when we worry, we want to try to rush ahead and fix things on our own. We can become impatient, which just leads to more and more worry.

Read today's verses again. What should you do when you're worried? You can talk to God. God wants us to turn our worries into trust. God's answer might not come immediately. It might require some patience and waiting on our end. But even in the waiting, God is in control.

Name something you're worried about right now. Bow your head and pray about it. Ask God to show you what to do in this situation. When you're worried, trust God.

DAY 2

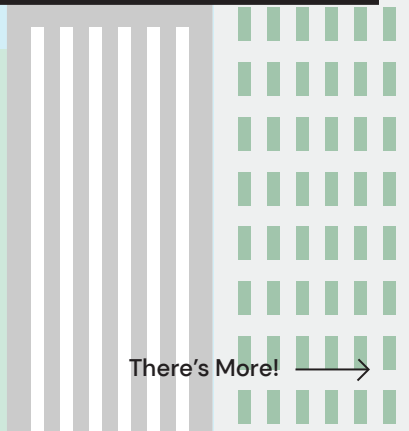
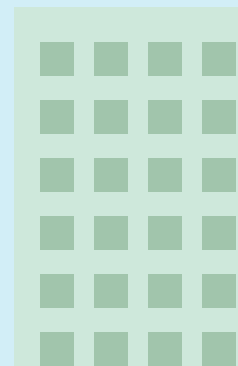
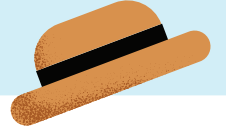
Read Philippians 4:19

Read the list of needs below. What's one way you've seen God meet each need in your life or your family's life?

Tired
Hungry
Cold
Sad
Lonely

God promises to meet all of our needs. And God always keeps promises. God has unlimited resources and power. And 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, or that you're all alone, remember that God will give you what you need. God sent Jesus to meet your greatest need—to make a way for you to be forgiven and have a relationship with God forever. You don't have to worry because you belong to Jesus.



DAY 3

Read Matthew 6:25-27

Check out the birds in your backyard. Do you think they worry about where their next meal will come from? After all, there are no bird grocery stores stocked full of worms just down the street. Birds have to search for those worms. But they don't worry. They just get busy looking. And God provides what they need.

We are way more important to God than the birds. Yet sometimes, we let worry get the best of us. To worry means to focus on something that hasn't yet happened and assume the worst. But God doesn't want us to live that way. God is in control and promises to take care of us.

Trust Instead of Worry

Look at this verse again. Grab a pen or pencil and your Bible. Draw an "x" over the word "worry" each time it appears in these verses. In a blank space next to the verse, write the word "TRUST."

DAY 4

Read Matthew 6:33-34

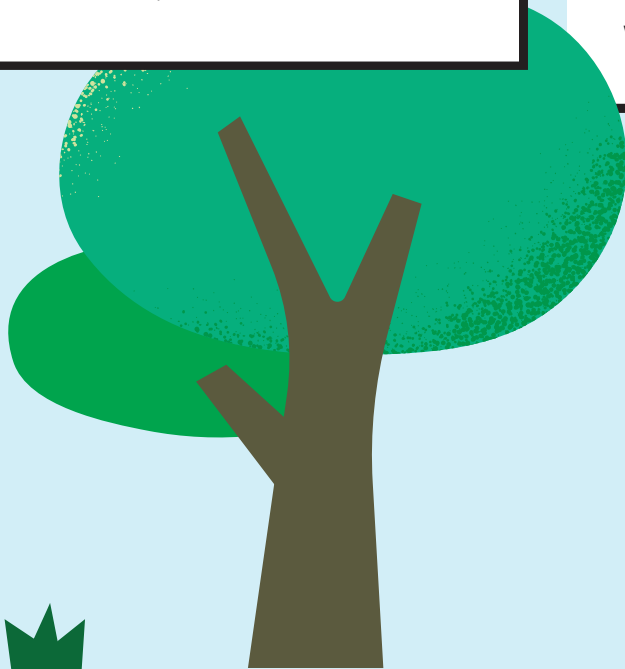
Do you ever worry? Does that worry have the ability to make things better? When you're worried about something that MIGHT happen later on, can you focus on the fun you could be having right now?

Nope.

That's why Jesus said to stop that. Worry is really pointless. Because when you're worried about tomorrow, you can't be happy or content today. No matter what happens, even if you fail that test or you don't make the team or you miss all your dance steps, tomorrow is still going to happen. Trouble might come. Or it might not. And no amount of worry can change the outcome.

Worry List

Grab a piece of paper. List a couple of things that you might be worried about. Pray and ask God to help you. When you're done praying, wad up the paper and throw it away.



When you're worried,
trust God.

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DAY 1

Read James 1:19 – 20

Did you have to hurry anywhere today? Maybe you hurried to catch the bus, hurried to finish your homework to play, hurried to grab your cleats and water bottle so you wouldn't be late for soccer practice. When it comes to controlling our tongues, there is one thing we should always be in a hurry to do—LISTEN.

When you listen, you always learn something. The opposite is true too. It's hard to learn anything new when you're talking all the time. When we're quick to listen, it helps us to hear what other people are saying and feeling. And when we're SLOW to speak, we give ourselves time to calm down before we lose our tempers!

Hop To It

Grab some index cards or small pieces of paper and write the verse in phrases on the cards. Place them on the ground so that you can jump or hop from one card to the next. Walk over the phrases quickly or slowly as you repeat the verse.

DAY 2

Read Ephesians 4:26–27

Can you think of a time recently when someone made you angry? Did you try to get that person back? Did you try to make things better or are you still holding onto that anger?

When it comes to anger, God's word is clear about what we should and shouldn't do. We shouldn't allow our anger to lead to sin. That means we shouldn't try to get them back. But we also shouldn't carry that anger around.

Have you prayed about what happened? Have you asked God to help you forgive the person who hurt you? Holding onto anger never helps, it only leads to more hurt. So the next time someone makes you angry, stop and talk to God.

Bedtime Prayers

Write the words, "I will not let the sun go down while I am still angry" on a card and place it next to your bed. Before going to bed, talk to God and think back over your day. Did someone make you angry? Are you still mad about it? Ask God to help you with your anger and to respond well.



DAY 3

Read Proverbs 15:18

“But he started it!”

Have you ever said that? Has anyone else ever said that about you? It doesn't really matter who started it. According to this verse, it's more important to shut it down.

The next time you and your siblings or friends get into an argument, instead of trying to win or make your point or get even, make a choice to calm down. Take a deep breath and think about how you can patiently work things out. When you do, the argument and all the things you were frustrated about won't seem like such a big deal.

Calm Down

To practice this ahead of time, play the calm-down game with your sibling or friend. Sit on the floor facing each other. The object of the game is to sit still and quietly stare at each other. The first person to laugh loses. Play again. See how long you can go before someone “loses” it and laughs.




DAY 4

Read Proverbs 16:32

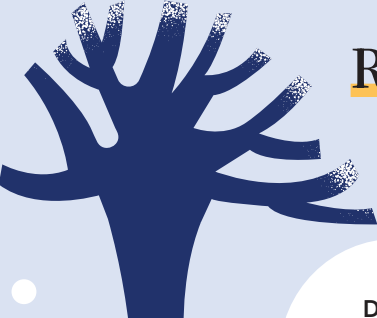
When you fight with someone or get into an argument, what is it usually about? Do they have something you want? Did they hurt your feelings? Are you arguing over who gets to be first? If your friend isn't sharing something you really want and you grab it from them, how does that make your friend feel? How does that make YOU feel?

What's more important? The thing you want or the relationship you have with your friend? The friendship! Controlling your temper is way more important than getting what you want. Besides, if you lose your temper and hurt someone else, you'll only end up playing by yourself.

What would happen if you stopped in the middle of an argument and said, “Hey, maybe we should pray about this?” Your friend might look at you funny, but that's okay. Stopping to pray—whether the friend joins in or not—gives you an opportunity to slow down and remember that God will help you. And it gives your friend time to cool off too.



When you're angry,
talk to God.



Resilience is getting back up when something gets you down.

DAY 1

Read 1 Thessalonians 5:16–18

Ever had a bad day? A day where nothing seemed to go the way you wanted no matter how hard you tried? Thankfully, bad days don't happen every day.

But when they do, our verse today gives us a good idea for how we can face it.

Unscramble the words below:

1. Choose
Y O J

Joy is BIGGER than happiness. It's a deep-down trust 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! God hears you when you pray and wants to help.

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

Praying and giving thanks can remind you that you're not alone and that the God Who is always in control is on your side. When you choose joy, you can have resilience and get back up when life gets you down!

Answers: Joy, Praying, Thanks

DAY 2

Read Psalm 145:14

Do you ever start something and want to quit when it gets hard? 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.

God loves you when you choose to do the right thing AND when you mess up too. God will take GOOD care of you and help you find joy, even when you fail —because we all do! God will help you choose joy even when life gets hard.



Read Philippians 4:4

Today's verse sums up exactly why you can find joy in every situation. According to Philippians 4:4, why should you "always be joyful?"

.....

Yes! Because you belong to God.

And what does Paul, who wrote these words in a letter to the church in Philippi, say a second time?

.....

Be joyful! To make it very clear, he says it twice. No matter what happens, you can choose joy because you belong to God. So let's say it again, "Be joyful!"

Draw a line from the scenarios below to the words "Be Joyful" as a reminder that you can always be joyful.

When a friend is kind.

When someone hurts you.

When you get straight "A's".

When you don't make the team.

When life is awesome.

When you have the worst day ever.

**BE
JOYFUL**

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. They were beaten and thrown in prison for healing a woman who needed help. So what did they do?

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

You'll face plenty of bad days like the one in your picture. A big key to resilience is to choose joy. God is in control even when things around you seem out of control. Paul and Silas knew that. No matter what happens, God can help you choose joy!



**God can help
you choose joy.**