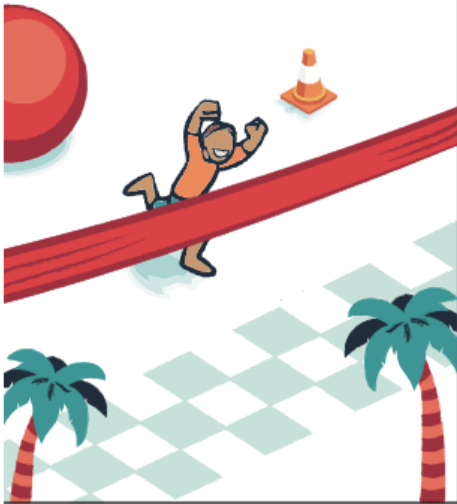




Bounce Back: Get back up again

Resilience is 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, NlrV

Bible Story

Paul and Silas in Prison

Acts 16:16-40

You can choose joy when life gets hard.



Weekly Cues →

Elementary

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

Start off your kid's day with a simple reminder: “Be kind to someone today.” (Make sure you are being kind when you say it.)



Meal Time

At a meal this week, ask: “When something is difficult or challenging, how do you react? How can you be joyful during those times?” (Share an example from your life.)



Drive Time

While on the go, ask your kid, “What's something new you learned this week?” (It can be a joke, a new skill, a fact, etc.) Then, share something you learned this week with them.



Bed Time

Pray for each other: “God, help us to encourage one another to not give up when things get tough.”



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