

# Bounce Back: Get back up again

Resilience is getting back up when something gets you down.



### MEMORY VERSE

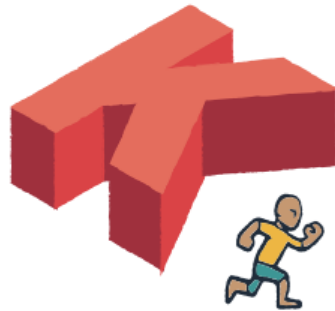
“But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.”  
Isaiah 40:31, NlrV

### Bible Story

#### Keep Looking to Jesus

Hebrews 12:1-3

Keep going because of what Jesus did for you.



Weekly Cues →

# Elementary

ENGAGE IN EVERYDAY MOMENTS TOGETHER



### Morning Time

Start your kid’s day off by sharing something they did that was difficult, and how proud you are of them for working so hard at it.



### Meal Time

At a meal this week, ask: “What does it mean to keep your ‘eyes on the prize’? How can having a goal when doing something hard or new keep you motivated?”



### Drive Time

While on the go, ask: “Summer is almost here. What is something new we should try as a family this summer?”



### Bed Time

Pray for each other: “Jesus, help us to focus on You when we feel overwhelmed and want to give up. Help us to remember that because of You we can always have hope.”



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