

Resilience is getting back up when something gets you down.

Romans 15:14

DAY

1

Get Back Up!

Grab a friend or family member and practice some trust falls. Trust that your friend will be behind you to hold you and help you back up (but maybe lay some pillows down first!) Take turns doing trust falls.

KNOW God is just like a friend that is always right there to help you back up when you fall!

DAY

2

What Helps

When we go through a hard time, we can remember that we are not alone. A lot of the heroes that you learned about have gone through hard times too.

Think of some things that help you feel better when you are feeling down. Is it reading about others in the Bible? Singing a praise song? Praying? Take some time to think about what helps you when you are down and draw a picture illustrating what you do.

LOOK for ways that you can use what helps you to get back up.

DAY

3

Filled Up

Read this week's verse a few times. Grab two cups, one slightly larger than the other. Fill the larger cup with water and leave the smaller one empty. Over your sink or outside, pour the water into the empty cup, keep pouring water in until the cup overflows! Think of the empty cup as you and the water as the joy that can fill you! When you are full of joy you can't help but let it overflow by telling others about God, singing, and praising Him!

ASK God to fill you with joy!

DAY

4

I Get Back Up!

Lie on your back for this prayer! Pray something like what is written below. Jump up after you say amen!

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 "Dear God, Thank You for being there for me when I need You. I pray that I can be joyful even in the hard times. Thank You for always picking me back up! I love You. Amen!"  
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THANK God for picking you up when you are down!

Trusting God can help you get back up.

**DRAW YOUR IDEA
OF A HERO IN THE
SPACE BELOW.**

