

# 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, NIV

## Bible Story

### Paul and Silas in Prison

Acts 16:16-40

What helps you keep going?



Weekly Cues



# Preteen

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: "What are some reasons why people give up while trying something? What are some reasons that you've kept going even when you wanted to give up?"



## 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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