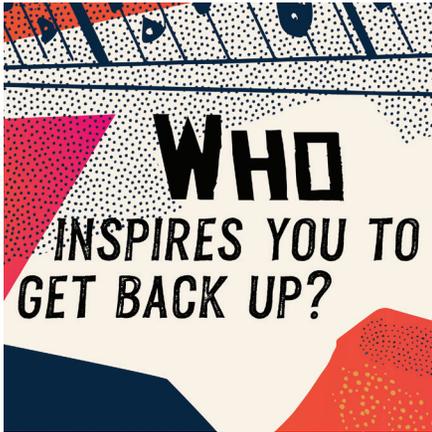
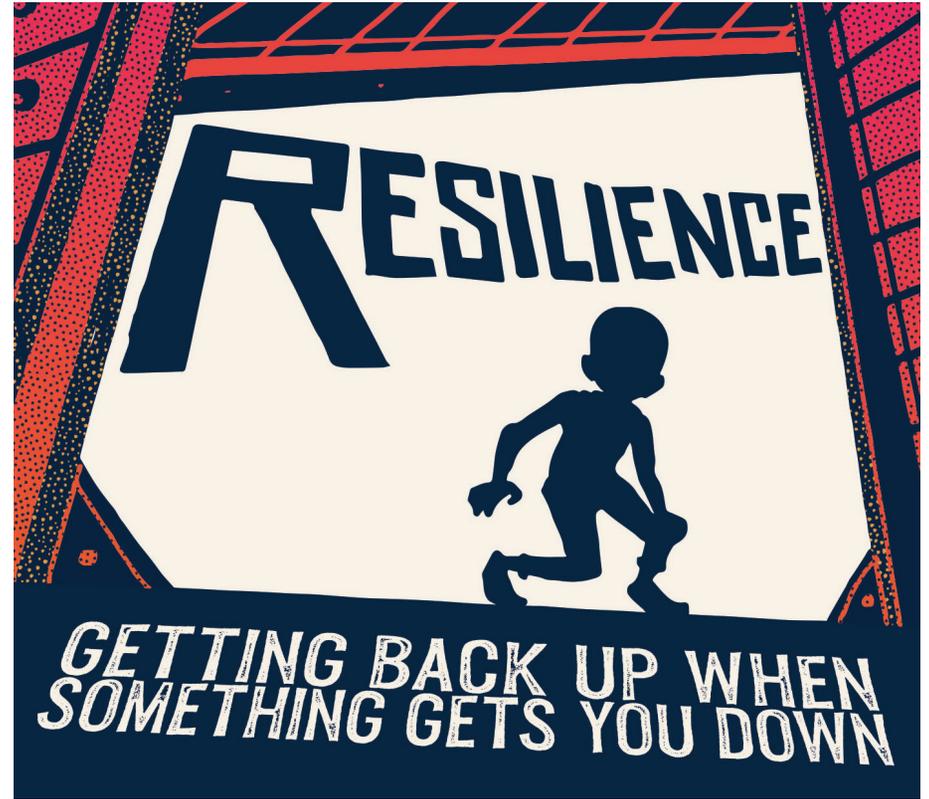


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the first question.



Day 1

After watching, write one thing that:

Go to [bit.ly/SundaysAtHomePreteen](https://bit.ly/SundaysAtHomePreteen) and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

- 1. You liked:
2. You learned:
3. You'd like to know:

## Day 2

### Read Hebrews 11

As you read Hebrews 11, put a number beside every person or group of people who is mentioned as having faith.

How high did you have to number? Around 20, right? And some of those are groups of people, so the real number is much higher. And that's only the people mentioned here. God's Story is full of even more heroes of the faith—people who did amazing things through faith in God.

That doesn't mean everything went perfectly for these people—in fact, most of them faced some pretty hard stuff along the way. But they were able to keep going because they knew that God knows the end of the story, and that He's promised to make everything right—both for everyone mentioned in Hebrews, but also for us.



## Day 3

### Look back on Hebrews 11 again.

Which person's story inspires you the most? \_\_\_\_\_

Is it Joseph who forgave his brothers and went on to save them—and so many of God's people when famine struck? Is it Moses, who led God's people out of slavery and to the Promised Land? Or maybe it's Rahab—a woman who risked everything to help God's people?

Each of these heroes of the faith had one thing in common: they trusted God. They trusted God to help them get back up and keep going, no matter what they were facing.

What is something you need God's help with to get back up and keep going? Or maybe you're not currently facing something hard, but you have in the past, and you can thank God for helping you get back up.

Dear God, thank You that You are always with me. I know that I can trust You no matter what. Please help me (or thank You for helping me. . . )  
..... I am inspired by the story of (Biblical hero you chose above)..... who ..... Help me, too, to ..... and to get back up and keep going. In Jesus' name, amen.

## Day 4

### Trusting God can help you get back up.

And one way you build your trust in God is by hearing the stories of other faithful people—people who have trusted God in their lives and kept going. We can read stories like this in the Bible, and we can also talk to other people who follow Jesus in our everyday lives.

Think of someone you know who has been following Jesus for a while. It might be a parent or an older sibling, or maybe your small group leader or choir director. Reach out to them and ask for a few minutes of their time. Maybe you can grab a snack together, or even better, go outside for a walk. As you spend time together, ask them to share about a time that they needed to trust God to be able to get back up and keep going. You can tell them what you read in Hebrews 11, and how you're looking for more stories of people who kept the faith and kept going. And if you have your own story of trusting God, share that with them too!

## Day 5

### Who inspires you to get back up?

Make a Resilience Roster. First, think about people and situations that inspire you to get back up and keep going. Grab a sheet of paper and make a list. You can start with some of the heroes of the faith who are included in Hebrews 11, or any other person from the Bible who inspires you. Then think about people now—maybe people you don't even know—who inspire you to get back up. It could be a family member or friend, or it could be a professional athlete or famous person who has shown resilience. List as many people as you can!

Next, use photos, illustrations and word art to make a collage that will remind you that you can get back up too! Find a sheet of paper (cardstock or small poster board is even better!), some scissors, glue and markers. If you have some magazines, grab those. If not, you can find photos online and print, or you can draw your own illustrations. You can also use your markers to create some word art, especially for any heroes of the faith from the Bible.

Fill up the paper with as many visual reminders as you can. Use a mixture of drawings, photos, words, and even 3-D reminders if you have them (like hospital bracelets or medals won). Somewhere on the poster, write the words from Isaiah 40:31.

Then hang your Resilience Roster in a highly visible place to remind you that **trusting God can help you get back up.**

