

Use this guide to help your family learn about resilience.

First, watch this week's video!

Resilience:
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

Keep Looking to Jesus
Hebrews 12:1-3

Key Question

What can help you focus on Jesus?

Activity

Memory Maker

What You Need:

picture (photograph); sheet of paper; writing utensil

What You Do:

Find a photo that has a lot going on in it (and in the background). You can use a photo from your phone, or print something from the Internet.

Show your child the picture, and let them study it for 30 to 60 seconds. Instruct them to try to remember as many details as possible.

Then, flip over (or hide) the picture. On the sheet of paper, have your child write down every detail of the photo they can remember.

If time allows, have them choose a photo for you to complete the same activity. See who has the better memory!

When you're finished, say, "The key to remembering what you saw was to really focus on the picture!"



Talk About the Bible Story

In our story today, who did we learn to focus on in order to be resilient? (*Jesus*)

How can we keep our focus on Jesus? (*read the Bible, pray, talk about Him with others*)

What did Jesus do for us to help us keep going? (*Jesus died on the cross for our sins.*)

When we decide to put our faith in Jesus as our Savior, we become part of a community of Jesus-followers. How can that help us to keep going?

Parent: Share about what characteristics of Jesus help you to keep going, and why.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, You love us so much that You sent Jesus to be our Savior. Thank You for never giving up on us. Thank You for loving us when we mess up or make unwise choices. Thank You for giving us the power to keep going! Help us to put our focus on Jesus so we can bounce back when things get us down. We love You. Amen!"