

# Bounce Back: Get back up again

Resilience is getting back up when something gets you down.



## Week One

### Great Commission and Spread of the Gospel

Matthew 28:16-20, Acts 1 and 2

When have you felt alone?

## Week Two

### Peter and John Are Taken to the Sanhedrin

Acts 3:1-4:21

When have you decided to keep going?

## Week Three

### Paul and Silas in Prison

Acts 16:16-40

What helps you keep going?

## Week Four

### Heroes of the Faith

Hebrews 11

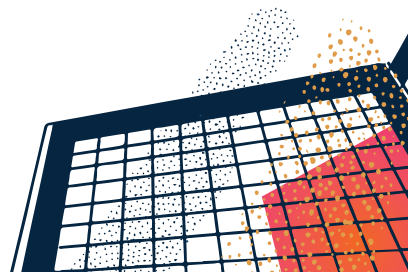
Who inspires you to get back up?

## Week Five

### Keep Looking to Jesus

Hebrews 12:1-3

What can help you focus on Jesus?



### 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, NIRV

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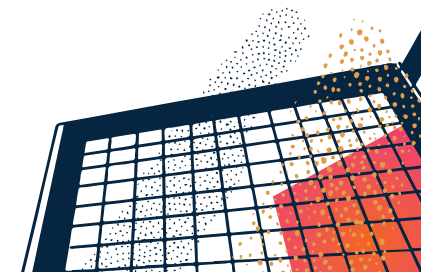
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# Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



## Morning Time

As your kid starts their day, send them off with some encouraging words. Complete the following statement: “I hope you know . . .”



## Meal Time

At a meal this week, ask: “When is a time you felt alone—even if you were around other people?”



## Drive Time

While on the go, ask your kid: “What was the best part of your day today? What was the worst part of your day?”



## Bed Time

Pray for each other: “God, help us to remember that we are never alone. When we feel lonely, or overwhelmed, remind us that You are always with us.”



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