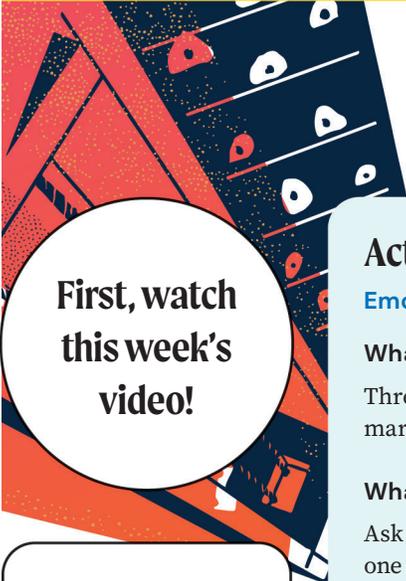


# Bounce Back: Get back up again

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

Paul and Silas in Prison  
Acts 16:16-40

### Key Question

What helps you keep going?

## Activity

### Emoji Plates

#### What You Need:

Three paper plates (or sheets of paper); markers

#### What You Do:

Ask your child to draw three emoji faces—one on each of the paper plates. They should draw one happy emoji, one sad emoji, and one unsure emoji (neither happy nor sad).

When your child finishes drawing, read each situation below. Ask your child to choose the emoji that best fits how they would feel in that situation. Feel free to personalize the examples as needed.

#### Situations:

- You got in trouble at school.
- Our family just got a new pet alligator.
- You got a great grade on your science homework.
- You're feeling sick.
- An alien spaceship landed in our backyard.
- You miss your friend who moved to another city.
- You were selected to sing a solo in the choir concert.
- You don't understand something at school.
- You had pizza for dinner.
- You must eat pizza every day for a year.

When you're finished, say, "Have you ever noticed that we're often happy or sad, or feeling something else, based on what's going on around us?"

## Talk About the Bible Story

Do you think it's possible to choose to be joyful no matter how hard life gets? Why?

Where were Paul and Silas when they were singing? (*in prison*)

Why were they singing? (*because they chose to have joy even when life got hard*)

How would you have reacted if you had been Paul and Silas?

How does trusting God help us to bounce back?

What truths can you focus on to help you get back up when something gets you down?

When is the last time something tough happened to you? What made it hard to be joyful in that *situation*?

*Parent: Share a story about a situation that was hard, but you decided to choose joy. What did you focus on, and how did it help you to keep going?*

## Prayer

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

"God, You are with us always. Your Spirit gives us the power we need to keep going even when it's hard. God, help us to be like Paul and Silas and to focus on You, especially when we aren't sure how things will turn out. Help us to remember Your promise that, when we put our trust in Jesus as our Savior, we can be with You now and forever. In Jesus, we are never alone. Amen."