

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

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!"