

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

Great Commission and Spread of the Gospel
Matthew 28:16–20;
Acts 1–2

Key Question

When have you felt alone?

Activity

Bouncing Back

What You Need:

small bouncy ball, 10 beads (or other small items, such as 10 pieces of cereal)

What You Do:

Hand your child the ball and the beads. Ask your child to hold the beads in one hand, then drop their beads onto a hard surface (like a table or uncarpeted floor).

Tell your kid to try to toss their ball into the air, pick up one bead, and catch their ball after it bounces only once—all by using only one hand. If their ball bounces more than once, they must put the bead back where it was and try again. If you have time, challenge your child to repeat the activity—this time, picking up two beads at a time instead of one.

When you're finished, say, "It was no easy task to pick up the beads while the ball bounced back. Our story today was about a group of people who faced something that must have seemed impossible, but Jesus helped them bounce back."

Talk About the Bible Story

In our story, who was given a challenge that seemed impossible? (*the disciples*)

How did Jesus help the disciples bounce back? (*He reminded them that He would always be with them*)

What is the word that describes someone who bounces back when something gets them down? (*resilient*)

When is it hard for you to believe that God is with you?

Is there a situation that's getting you down right now, where you need God's power to help you show resilience?

Parent: Talk about a time when you felt alone, but you kept going because you knew that God was with you.

Prayer

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

"Dear God, thank You for sending Your Son to be our Savior. Thank You for loving us and giving us Your Holy Spirit to be with us forever. We know that Your Spirit can give us the resilience to face situations that might seem impossible. Remind us to rely upon You and Your Holy Spirit for help and strength when we need it. We love You, and we pray these things in Jesus' name. Amen."