

Bounce Back: Get back up again

Resilience is getting back up when something gets you down.



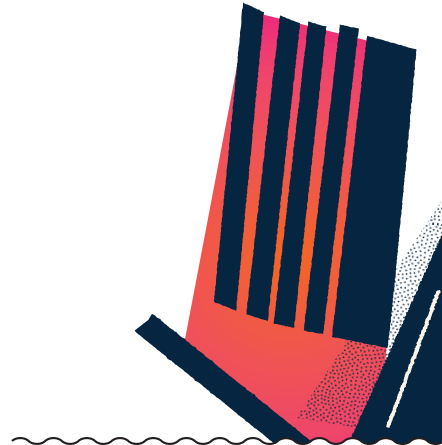
MEMORY VERSE

“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, NIRV

Bible Story

Heroes of the Faith
Hebrews 11

Who inspires you to get back up?



Weekly Cues



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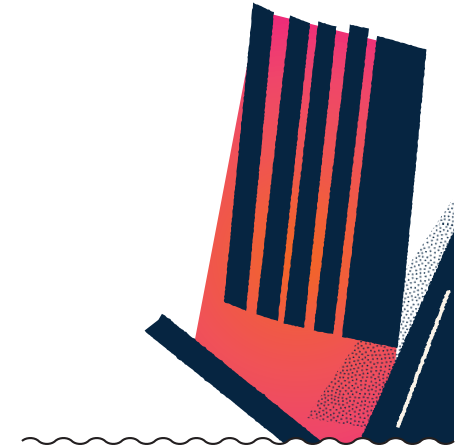
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Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

Start off your kid's day with an encouraging word. Complete the following statement: "I've noticed..."



Meal Time

At a meal this week, describe a time when you were discouraged after something didn't turn out the way you had hoped, but you kept at it. What inspired or encouraged you? After you share, see if your kid has a similar story.



Drive Time

While on the go, ask your kid: "What is something you want to learn how to do this summer? What do you need to get started? How can I help?"



Bed Time

Pray for each other: "Help us to see those around us who need encouragement to keep going, and to be their biggest encouragers."

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