

Bounce Back: Get back up again

Resilience is getting back up when something gets you down.



MEMORY VERSE

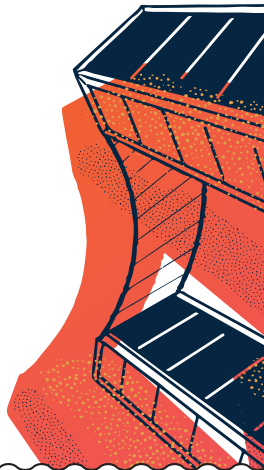
“But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.”
Isaiah 40:31, NlrV

Bible Story

Keep Looking to Jesus

Hebrews 12:1-3

What can help you focus on Jesus?



Weekly Cues



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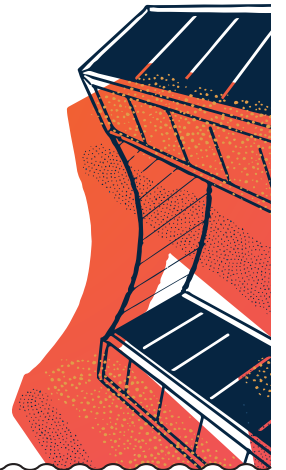
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Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

Start your kid's day off by sharing something they did that was difficult, and how proud you are of them for working so hard at it.



Meal Time

At a meal this week, ask: "What are some ways we can remind ourselves and one another that Jesus is always with us?" (Read the Bible, Pray, Talk with others, etc.)



Drive Time

While on the go, ask: "Summer is almost here. What is something new we should try as a family this summer?"



Bed Time

Pray for each other: "Jesus, help us to focus on You when we feel overwhelmed and want to give up. Help us to remember that because of You we can always have hope."

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