



First, watch  
this week's  
video!

Use this guide to help your family  
learn about resilience.

## Activity

### The Knocked-Kneed Squeeze

#### What You Need:

small ball; painter's or masking tape

#### What You Do:

Use the tape to create a path through your house. Make it a little difficult—feel free to have the tape go over sofas, behind chairs, etc.

Hand your child the small ball, and have them place it at the beginning of the path. Say, "You're going to follow this taped line to the end of the path. You have to keep the ball between your knees at all times! But don't worry, I'm going to walk beside you. If the ball bounces out, I'll put it back between your knees."

Walk beside your child. If the ball falls from between their knees, replace it for them. When they finish, celebrate!

Say, "It seemed like it was hard to keep the ball between your knees and walk at the same time! Fortunately, you had someone there to help you keep going in case the ball fell."



## Talk About the Bible Story

In our story today, we heard about someone who is always there to help us keep going. Who is that? (*Jesus/God/Holy Spirit*)

How can it help us keep going if we remember what Jesus did for us? (*because we know that Jesus died for us so we could be with Him forever*)

How can we keep our focus on Jesus? (*read the Bible, do our devotionals, pray, talk about Jesus with others*)

*Parent: Share about a time you when you had to remember what Jesus did for you in order to keep going.*



## 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

### Bottom Line

Keep going  
because of what  
Jesus did for 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 loving us and sending Jesus to be our Savior. Thank You for giving us the Holy Spirit to be with us, so that we can have the strength to keep going and show resilience. Remind us to rely on You for help and strength when we feel like giving up. We pray these things in Jesus' name. Amen."