

# 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

Heroes of the Faith  
Hebrews 11

### Bottom Line

Trusting God can help you get back up.

## Activity

### Bouncing to the Beat

#### What You Need:

ball that bounces; music

#### What You Do:

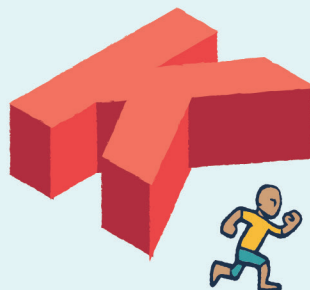
Choose a song that you and your child both like.

Say, "We're going to bounce the ball back and forth to the beat of this song. Let's see how far into the song we can get before we miss a beat or miss the ball."

Bounce the ball to the beat of the song. If you drop the ball, start the song over. See if you can make it through the entire song, bouncing the ball to the beat.

If you have time, choose songs with different tempos to bounce the ball to.

When you're finished, say, "That was a lot of work, wasn't it? Did you get tired? When we get into situations that make us want to quit, we can be resilient and keep going by trusting God to help us."



## Talk About the Bible Story

How does today's story help you remember to trust God to help you get back up? (*Hearing of all the ways God helped other people get back up reminds me that I can get back up.*)

What do you think it means to have faith? (*trusting in what you can't see because of what you can see*)

Has there been a time you've felt really down? How did you get back up?

*Parent: Share an example of something that gets you down, and what in your life inspires you to get back up.*



## Prayer

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

"Dear God, thank You for giving us the stories like the ones in Hebrews 11 . . . and also the stories of people we know, like our friends and people in our family. The people we read about in the book of Hebrews refused to give up, even when things were incredibly difficult. Their stories encourage us not to give up. When things get us down, give us strength to trust in You so we can be resilient like they were. We love You, and we pray these things in Jesus' name. Amen."