



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

Peter and John  
Are Taken to the  
Sanhedrin  
Acts 3:1–4:21

### Bottom Line

Keep going even  
when it gets tough.

Use this guide to help your family learn about resilience.

## Activity

### Tricky Tricks

#### What You Need:

a ball that bounces

#### What You Do:

Give your child the ball. Then call out the following bounce tricks for them to attempt:

- Throw the ball in the air and catch it five times in a row (no bounces, catches, or drops between each throw).
- Bounce the ball on the floor three times and catch it at the end of the third bounce.
- Throw the ball up, let it bounce once, then catch it.
- Throw the ball in the air, do a spin while it falls and bounces, then catch it.
- Throw the ball in the air, do a spin, clap while it falls and bounces, then catch it.

Also try each trick yourself! When you're both finished, say, "Those were some pretty fun tricks! You kept tackling each new one like a pro—even when the tricks got tougher!"



## Talk About the Bible Story

Who in our Bible story today had a tough task they had to face? (*Peter and John*)

What happened to Peter and John? (*They got arrested and were brought before the religious leaders.*)

How did Peter and John keep going, even when things got tough? (*They relied on God and showed resilience.*)

What can you do if you aren't sure how to be resilient in a certain situation? (*Ask a parent or Small Group Leader for advice, pray, read the Bible, remember that God is with you*)

*Parent: Share a story about a difficult situation and how God helped you keep going, even when it got tough.*

## Prayer

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

"Dear God, thank You for understanding how we feel when we're tempted to give up. Please give us the courage and strength to be resilient like Peter and John, so we can push through tough situations and make a difference in this world. Help us keep going even when it gets tough. We love You, and we pray these things in Jesus' name. Amen."