

# Resilience is getting back up when something gets you down.



DAY 1

## Read 1 Peter 1:8-9

Write what you know about Jesus below:

Jesus, God's one and only Son, died on the cross for our sin, was buried and rose again on the third day. Before He left Earth to return to heaven, He told His followers to "make disciples," to tell others about what He had done.

Jesus loves you. He died and rose again for you. And though you cannot see Him, you can choose to trust in what He has done for you. Maybe you already have. Maybe you still have some questions.

Either way, the biggest reason we have resilience to get back up even when we face hard things is because of Jesus. **You can keep going because of what Jesus did for you.**

DAY 2

## Read Philippians 3:14

Ever tried to push something heavy? Pushing requires strong shoulders! Let's try a few shoulder strengthening exercises. Write out today's verse on a card to keep nearby as you repeat the verse as directed below.

### Wall Push

Head to an open spot on a wall in your house and push, with both hands on the wall in front of you (no forearms or shoulders, JUST your hands), keeping elbows slightly bent. Push as hard as you can while repeating today's verse three times.

### Hand Push

Put your palms together in front of you (as if you are praying) with your elbows out, forearms parallel to floor. Push your hands together as you repeat today's verse four times.

### Chair Push-Ups

Sit down on a sturdy chair. Place your hands on either side of the chair and push, until your bottom rises off the chair. Can you hold this as you say the whole verse?



## Read Philippians 4:19

Read the list of needs below. Match up each need on the left to one way that need can be met on the right.

|               |                       |
|---------------|-----------------------|
| <b>Tired</b>  | <b>a friend</b>       |
| <b>Hungry</b> | <b>a hug</b>          |
| <b>Cold</b>   | <b>a comfy bed</b>    |
| <b>Sad</b>    | <b>food</b>           |
| <b>Lonely</b> | <b>a warm blanket</b> |

God promises to meet all of our needs. And God always keeps promises. When you put your faith in Jesus, you have access to all of those same riches.

When it's hard to keep going, when you want to quit, when it seems like no one else is making the wise choice, remember that God will give you what you need. So remember, you can keep going because of what Jesus did for you.



## Read 1 Corinthians 15:57-58

### Staring Contest

Find a friend, sibling, or parent and have a staring contest! Sit and stare at each other. The first person to blink, laugh or look away loses. Play for best three out of five and declare an overall Staring Contest winner!

Did you win? If not, here are some tips before you try another round:

- ➔ Take a long blink then close your eyes tightly. Try to yawn to produce a few tears.
- ➔ If possible, try to look through the person instead of focusing on them.
- ➔ When you want to blink, squint instead to bring some moisture back to your eyes.

It's one thing to be still enough to win a staring contest. But choosing to do what's right, to stay strong in your faith and not be moved, that's a whole lot harder! But it's not impossible.

Because of Jesus, no matter what, we win! When we put our faith in Jesus, we belong to God! And nothing is too big, too hard or too impossible for Him. So stop and pray today and thank God for Jesus, remembering that you can keep going because of what He has done for you.

## Keep going because of what Jesus did for you.

