

Resilience is getting back up when something gets you down.



DAY 1

Read Ecclesiastes 3:4

As a newborn, it's easy to get your days and nights mixed up. Because their tummies are small, newborns need to be fed every two to three hours. As you grow, your tummy can hold more, so your caregivers could stretch out those feedings—and then you got your days and nights all figured out. Now you know there's a time for sleeping and a time to be awake!

This month, we're learning about resilience—getting back up when something gets you down. Today's verse reminds us that sadness is a part of life. We all face hard things, but we never have to face it alone. We have a God who loves us and who cares about us, especially when we're hurting. We can trust God to take care of us and to comfort us when we're sad.

DAY 2

Read Ephesians 6:10

Who or what do you depend on? You depend on your teachers to teach you and your chair to hold you when you sit. Or maybe you depend on your last pencil to not break when you're about to take your test.

When it comes to having the resilience to get back up even when the going gets tough, there is someONE you can depend on. God is always with you. And when you stop and ask for help, God hears you and answers you. Always.

Crack The Code

Complete the verse using the code below

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DAY 3

Read John 11:35–36

Jesus wept. It is the shortest verse in the Bible, but it's packed with meaning and importance for us. Jesus felt sadness just like you. Standing at the tomb of His friend, surrounded by Lazarus' sisters and others who were so sad, Jesus cried real tears. And though Jesus knew that He would raise Lazarus from the dead, He stopped to cry, to feel all the same emotions we experience.

Sometimes, you will feel real sadness too. You will cry and be upset, and those feelings are okay. Jesus felt those same emotions. He understands what loss feels like. He is ready to comfort and help you because Jesus loves you just as He loved Mary, Martha and Lazarus.

1. When was the last time you felt sad about something?
2. Who did you talk to when you were sad?
3. Did you think to pray and ask Jesus to help you in your sadness? Why or why not?

DAY 4

Read Psalm 34:17

When you are sad or upset, when it seems like things will never get better, do you stop and think about God?

Today's verse reminds us of one BIG truth. When we're sad, we can cry out to God. God hears us and is ready to help. God doesn't promise that we won't experience trouble. We will face hard things in our lives for sure. But when we do, we can ask God for help, and God will hear us. God is there to help you get back up and keep going! When you're sad, remember you are NEVER alone.

What is one thing you can do this week to remind yourself that God is with you? You could stop and pray before you step off the bus in the morning or right after the morning announcements. You could pray before each meal to remind yourself that God loves you and is with you. Make time each day to talk to God and remind yourself that you are NEVER alone.

**When you're sad,
remember you're
not alone.**