

15TH MAY 2022

Overview of Today's Lesson

THEME

Bounce Back

BOTTOM LINE

You can choose joy
when life gets hard

BIBLE REFERENCE

Paul and Silas in Prison
Acts 16:16-40

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, NIRV

Programme Breakdown

1. Introduction
2. Praise and Worship
3. Lesson Video
4. Activity Pages

Activity Pages you need:

1. Prayer and Reflection

Materials you need:

1. Pencil / Pen

Prayer and Reflection

May Week 3

Colour the shapes that contain the right thoughts and attitudes.
Cross out the shapes that contain negative thoughts and attitudes.

Throw objects,
punch walls,
slam doors

Speak kindly to the
person who
misunderstood me

Think positively
about the situation

Curse and swear
when I'm angry

Name calling and insulting
others who hurt me

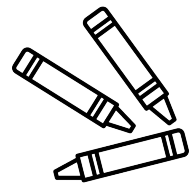
Pray and ask
God for joy

Say sorry and ask for
forgiveness when I do
something wrong

Threaten and bully others

Be a peacemaker instead
of adding to the fire

Bear a grudge and hate the
people who offend you



Everyone goes through hard times at some point in life. How we respond in these situations matter. We should always trust that God can help us through difficult times.

LET'S PRAY!

Dear God, give me a joyful spirit and teach me to be resilient. I trust that Your plan for my life is always good, even when things don't look great. I want to have the right response in all situations. In Jesus' name I pray, Amen.