

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



## DAY 1

### Read 1 Thessalonians 5:16-18

When life gets hard it's easy to be grumpy or upset. But when your situation gets hard, our verse today gives us a better idea of how we can face it.

#### Unscramble

1. Choose .....  
Y J O

Joy is a deep-down assurance that no matter what happens, everything will be okay because God is in control.

2. Never stop .....  
Y G P N R I A

Remember, you can talk to God anytime, anywhere, about anything!

3. Give ..... no matter what.  
K N H A T S

Even on your worst day, you can always find something to be thankful for.

Praying and giving thanks can remind you that you're not alone and that God, who is always in control, is on your side. You can be resilient and get back up when life gets you down when you choose joy!

## DAY 2

### Read James 1:2-3

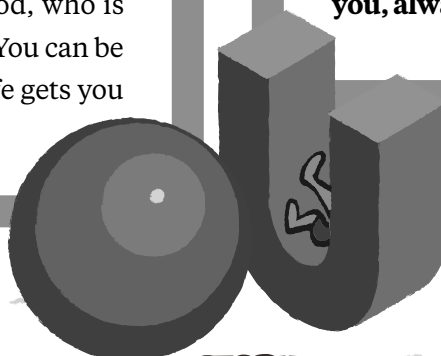
Have you ever watched an athlete perform at the Olympics? They've spent years preparing for that race. Talk about resilience!

Name your favorite athlete. With an adult's help, search for information on the web about that athlete's workout or eating plan.

James wrote the words of today's verse to remind us to keep going, to keep getting back up, to remain resilient in our faith. It will be hard to stand up for what is right, to love others the way God loves you, to put others first. But just like those athletes, you can practice every day. And when you do, it will make you stronger.

Think about a situation today where you had a choice to do the right thing. What did you do? If you made the wise choice, thank God for helping you grow stronger. If you didn't, ask God to help you make the wise choice next time.

**Remember, when you face trouble, you can choose joy knowing that God will help you, always.**



There's More! →

### DAY 3

#### Read Acts 16:24-25

Think about a really bad day where everything goes wrong. Grab a piece of paper and draw a picture to represent your bad day.

Paul and Silas faced a really bad day. You can read all about what happened in Acts 16:16-23. They were beaten and thrown in prison for healing a woman who needed help.

On your very worst day, a day like the one in your picture, you've probably never faced a situation like Paul and Silas. So what did they do?

They could have chosen to complain, cry, be angry with God, stir up trouble with the other prisoners, or plot their escape. But they didn't do any of those things. Instead, Paul and Silas chose to pray and sing to God in worship.

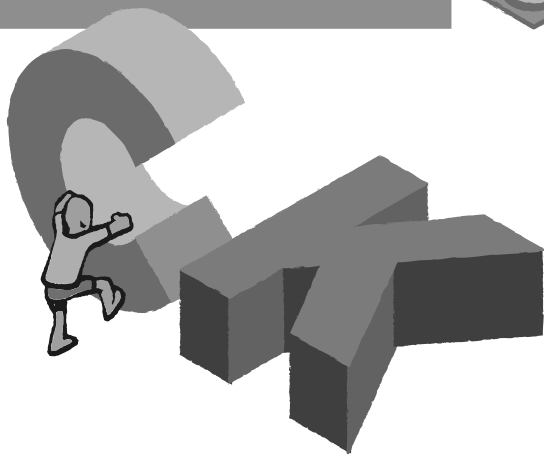
You'll face plenty of bad days like the one in your picture. A big key to resilience is to choose joy. When you trust in God and follow Jesus, you can know for sure you can have joy. Paul and Silas knew that. **You can choose joy when life gets hard.**

### DAY 4

#### Read Psalm 145:14

Do you ever start something and then just want to quit when it gets hard? Like maybe you've tried a million times to memorize your times tables and you just can't do it. Or maybe you want to land a new jump on your skateboard but you fall every time.

It can be hard to keep going when you want to quit. And it can be really hard to do the right thing when you mess up. When you make an unwise choice, you might feel guilty or face a consequence like getting in trouble. But when that happens, **you can choose resilience when you remember that God is on your side.**



**You can choose joy when life gets hard.**