

**22ND MAY 2022**

## Overview of Today's Lesson

### THEME

Bounce Back

### BOTTOM LINE

Trusting God can help  
you get back up

### BIBLE REFERENCE

Heroes of the Faith  
Hebrews 11

### 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

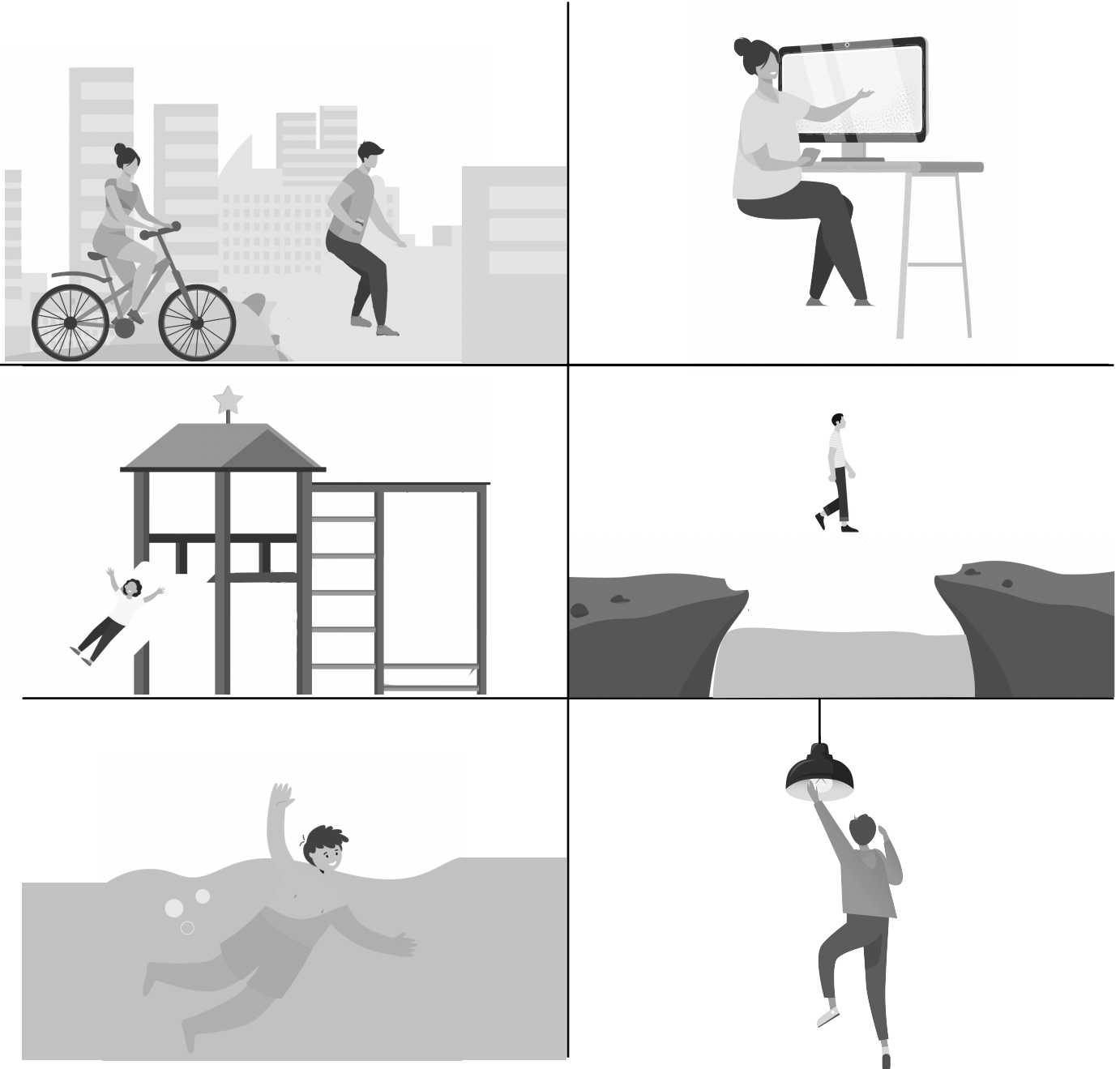
## Materials you need:

1. Pencil / Pen

## Prayer and Reflection

May Week 4

Complete the pictures below by drawing the things we trust to hold us up.



*The objects we drew above hold us up, but they may break and fail us sometimes. However, God never fails. Even though we can't see Him, we can always trust God to hold us up.*

**LET'S PRAY!**

Dear God, we are so thankful that You are a God who lifts us up when we are down. Even when we don't see it, help us to trust that You are still working things out for us. We want to grow our faith in You. In Jesus' name we pray, Amen.