

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

Read: Psalm 56:3



DAY

1

## Work It Out

Movement is good when you feel worried! It can help get your mind off what is worrying you. Come up with some cool moves that can get your body moving when you feel worried!

**LOOK for ways to get moving when you're worried.**

DAY

3

## Trust in God

We can trust in God no matter what! Read Psalm 56:3 and come up with some motions to help you remember this verse and share it with others.

**THANK God for being Someone we can trust!**

DAY

2

## Not Worried

This week's story from Matthew 6:25-34 speaks about how the birds and flowers don't have to worry because God takes care of them. Re-read this week's Bible story and draw a picture of the birds and flowers that you think of when you hear this verse. If you'd like, write out some of the verses on your paper, or ask your grownup to help you write them!

**KNOW that God takes care of the birds and flowers and especially you!**

DAY

4

## Calling Out!

When you are worried, you can talk to God. Pray to God about what you are worried about and ask God to help you. You can pray something simple like this:

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"Dear God, please help me not to worry. I need You to help me through this right now. I know I can trust in You. Amen."  
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**ASK God to help you when you are worried.**



When you're worried,  
trust God.