

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



DAY 1

## Read Joshua 1:9

This month is all about resilience which is getting back up when something gets you down! We can get back up when things get hard because of one big reason. Do you want to know what it is? Come closer. Put your eyes right up to the card.

God is always with you.

It's true! When you need to keep doing the right thing, keep getting back up, stop and think about that big truth written in tiny little letters above.

**God is always with you.** You are not alone. Thank God for being with you.

DAY 2

## Read Ephesians 6:10

What or who do you depend on?

Maybe you've never thought about it but you rely or depend on stuff every single day. You depend on the chair to hold you up when you sit or your technology to work when you need it.

When it comes to facing hard stuff, to keep going even when you want to quit, there is someone you can depend on always. You can depend on God.

The next time you face something hard, remember one big truth: God is always with you. And God will hear you when you stop and ask for help.

### Crack The Code

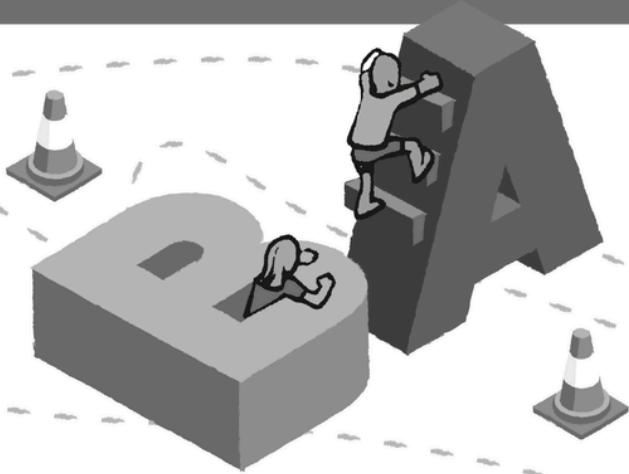
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DAY 3

**Read Deuteronomy 31:8**

Have you ever followed a guide for a hike in the woods? When you have someone guide you, it takes a lot of pressure off. Because the guide knows exactly where to go, you won't get lost.

But, if you took that guide to a different park or trail, would that guide know where to go? Nope! The guide probably knows one trail or maybe even several trails in one specific area. But they're limited in their knowledge.

Guess what? God doesn't have those limitations.

**Fill In The Blank**

Circle the response that shows love in the scenarios below:

- ➔ The Lord Himself will go ..... of you.
- ➔ He will be ..... you.
- ➔ He will never ..... you.
- ➔ He'll never ..... you.

You can keep going when you remember that God is with you and will lead you in the right direction.

DAY 4

**Read Zephaniah 3:17**

Do you like to sing? What's your favorite song? Go ahead, sing a line or two. Give it everything you've got!

Do you ever wonder what God's singing voice sounds like? Maybe you've never thought about God singing! But today's verse tells us that God takes delight in you and sings for joy because of you. In fact, in the English Standard Version translation of the Bible, the last part of this verse reads, "He will exalt over you with loud singing."

Whoa! **God loves you so much!**

**Sing, Sing Out Loud!**

So how about a little resilience challenge? This week, when you face something tough and you really want to quit, pick a line from your favorite worship song. If you're in a place where you can, sing it out as loudly to remind yourself that God is with you.

**God is always with you.**

