Resilience is getting back up when something gets you down.

DAY 1

Read Isaiah 40:29

Do you have a favorite stuffed animal that you sleep with every night? What about a favorite blanket or pillow that you just have to take with you when you travel? Go grab it right now and find a comfy spot on the couch.

Now that you're all cuddled up, read the words of today's verse one more time. What does God promise? To give you strength when you are tired and power when you are weak. God's power is unlimited.

You can trust God to help you get back up, to keep going, even when you just want to quit. Like a stuffed animal or blanket that comforts you, God is always there to help you feel better.

As you lay your head down to rest today, wrap your favorite blanket around you, or cuddle up with your stuffed animal, remember that God is watching over you and will help you, no matter what happens! **You can trust God always.**

DAY 2

Read Isaiah 40:31

If possible, head outside with your Bible.

Set a timer for two minutes and run back and forth along your driveway or sidewalk in front of your home. Ready? Go!

Now, hold your Bible out in front of you with both hands. Try to trace all the letters of the alphabet in the air in front of you with your Bible. Start with "A" and see if you can go all way to "Z."

Could you do it?

After all that, you're probably feeling pretty tired! Just like you can become physically tired, you can become tired of doing what's right or wise. Sometimes, it might even seem easier to do what you want instead of what is wise. When that happens, there's a promise in today's verse that can help.

When we're tired, God can give us new strength to keep going! How? Because God's power is unlimited. And when we ask God's always comes through!

Stop and thank God for new strength. Ask for help to keep doing the right thing, to get back up, even when you feel like staying down.

DAY 3

Read James 4:10

God created and reigns over the whole universe. When we talk to God, it's important to remember how powerful, how big, and how important God is. That's what the first part of today's verse is talking about when it comes to showing humility.

When we understand who we are and who God is, we can pray with the right perspective. Humility isn't about thinking less of ourselves (putting ourselves down or thinking we're not worthy). It's about thinking of ourselves less. So when we put God first and ask for a plan, God will lift us up!

Paper Airplane

1. Grab some paper.
2. Make a few paper airplanes. If you need some ideas, we've provided a couple of YouTube links. Make sure you have an adult's permission first. (https://bit.ly/3lhhx04, https://bit.ly/3KpPjCu)
3. Once you've finished, write the words of today's verse on the wings.
4. Take it outside to see how far it will fly!

DAY 4

Read Exodus 14:14

When someone hurts you, are you tempted to fight back or make them hurt like you hurt? Sometimes, the best thing we can do is just be still. That's what God told the Israelites to do. When Pharaoh's army was behind them and the Red Sea was in front of them, God said, "Stop. I'll do the fighting. Just don't move."

Why? Because God was about to do something big. Something none of them could have guessed. God was about to part this huge sea and make a path for them to walk across.

When it comes to resilience, sometimes we think we have to do it all on our own. But we aren't alone and we don't have to rely on our own strength. God promises to help us get back up!

Be Still

1. Find a place that's really quiet in your house like your closet or even a bathroom.
2. Close the door with your Bible and look up the verses below about being still. Psalm 46:10 and Isaiah 30:15
3. Then pray and ask for trust in God so you can get back up.

Trusting God can help you get back up.