

# Bounce Back: Get back up again



First, watch  
this week's  
video!

**Resilience:**  
Getting back up  
when something  
gets you down

### 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, NIV

### Bible Story

Great Commission and Spread of the Gospel  
Matthew 28:16–20;  
Acts 1–2

### Bottom Line

God is always with you.

Use this guide to help your family learn about resilience.



## Activity

### Acting Out

#### What You Need:

Bible or Bible app, masking or painter's tape

#### What You Do:

Using the tape, create a circle in the middle of the floor. Open your Bible (or Bible app) to the monthly memory verse, Isaiah 40:31. Read the verse a few times with your child. If your child is able to read on their own, make sure to give them a turn reading from the Bible aloud.

Tell your child that you're going to memorize the verse together by learning motions to go along with the words. Break the verse up into four parts (NIRV example below), and practice together.

- ▶ Part 1: *But those who trust in the Lord will receive **new strength**.*
  - ▶ Direct your child to repeat this part five times while pumping their arms and bouncing.
- ▶ Part 2: *They **will fly as high as eagles**.*
  - ▶ Invite your child to repeat this part five times while expanding their arms out and running.
- ▶ Part 3: *They will **run** and not get tired.*
  - ▶ Invite your child to repeat this part five times while running in place.
- ▶ Part 4: *They will **walk** and not grow weak.*
  - ▶ Invite your child to repeat this part five times while fast-walking.

After your child has completed part 4, ask them to put all the parts together, and challenge them to say the full verse by themselves three times.



## Talk About the Bible Story

What was the mission that Jesus gave His disciples in today's story? (*to tell the entire world about Him*)

How do you think the disciples felt when Jesus gave them such a huge mission? (*probably a bit overwhelmed; maybe like they couldn't do it*)

Why were the disciples able to be strong and continue Jesus' mission? (*because Jesus promised that He would be with them, through the Holy Spirit*)

What does it mean to be resilient? (*you can get back up when something gets you down*)

How does it help us bounce back if we know that God is always with us? (*we know God can give us the power to keep going*)

*Parent: Talk about a time when you felt alone, but you kept going because you knew that God was with you.*

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for always being with us. Sometimes it can feel like we're alone. But we know that's not true, because You promise to always be with us through your Holy Spirit. You give us the strength we need to bounce back. Help us to remember that so we can be resilient and never give up. Amen."