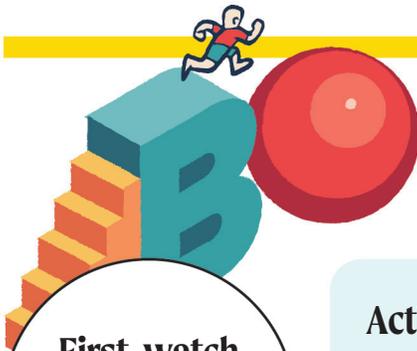


# Bounce Back: Get back up again



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

Paul and Silas  
in Prison  
Acts 16:16-40

### Bottom Line

You can choose joy  
when life gets hard.

Use this guide to help your family learn about resilience.

## Activity

### Finish That Line

#### What You Need:

No supplies needed.

#### What You Do:

Tell your child that you're going to play a game called "Finish That Line."

Say, "I'm going to start singing a song, and then you can try to finish the song by singing the next line. Remember, you have to sing the line correctly for it to count!"

*Note: If these songs aren't familiar for your family, consider substituting these songs with others that your child will know.*

**Song 1:** You: Row, row, row your boat  
Kid: Gently down the stream

**Song 2:** You: Mary had a little lamb, little lamb, little lamb  
Kid: Mary had a little lamb whose fleece was white as snow

**Song 3:** You: Twinkle, twinkle little star  
Kid: How I wonder what you are

Then say, "Let's make the challenge a little more difficult. I'll sing the *second* part of a song, and then you try to sing back the line that comes *before* it. Ready?"

**Song 4:** You: E-I-E-I-O  
Kid: Old MacDonald had a farm

**Song 5:** You: Brother John, Brother John  
Kid: Are you sleeping, are you sleeping

Feel free to add other songs and lyrics. Or switch, and have your child sing songs for you to finish the next line! Afterwards, say, "There was also some singing in our story today, right? Who was singing?" (*Paul and Silas*)

## Talk About the Bible Story

Where were Paul and Silas when they were singing? (*in prison*)

Why were they singing? (*because they chose to have joy even when things got tough*)

How would you have reacted if you had been Paul and Silas?

When is the last time something tough happened to you? What made it hard to be joyful in that situation?

*Parent: Share a personal story about a time in your life when it was difficult for you to choose joy. What did you do?*

## Prayer

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

"God, thanks for reminding us—through the story of Paul and Silas—that we can have joy. Even when life seems hard to us, You are always by our side, helping us through hard times. Help us remember that it's Your Spirit in us that helps us choose joy. We love You, and we pray these things in Jesus' name. Amen."