

# Bounce Back: Get back up again

Resilience is getting back up when something gets you down.



## MEMORY VERSE

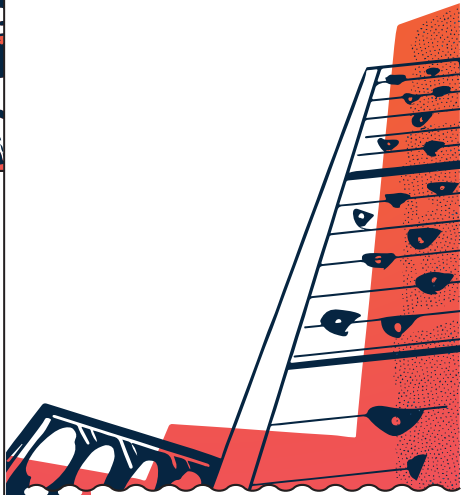
“But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak.”  
Isaiah 40:31, NIV

## Bible Story

### Great Commission and Spread of the Gospel

Matthew 28:16–20, Acts 1 and 2

When have you felt alone?



Weekly Cues



# Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



## Morning Time

As your kid starts their day, send them off with some encouraging words. Complete the following statement: “I hope you know . . .”



## Meal Time

At a meal this week, ask: “When is a time you felt alone—even if you were around other people?”



## Drive Time

While on the go, ask your kid: “What was the best part of your day today? What was the worst part of your day?”



## Bed Time

Pray for each other: “God, help us to remember that we are never alone. When we feel lonely, or overwhelmed, remind us that You are always with us.”



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