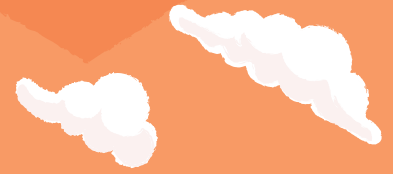




# Resilience is getting back up when something gets you down.

Romans 12:12



DAY  
1

## Be Joyful

Resilience is getting back up when something gets you down. One way to show resilience is to choose joy and find a way to be happy, even when things don't go your way.

Read the verse below. Say the **bolded** words loudly as you read the verse.

**Romans 12:12**, "When you hope, **be joyful**. When you suffer, **be patient**. When you pray, **be faithful**, (NIrV).

**LOOK to God's Word to be joyful.**

DAY  
2

## Joy Rocks!

Go outside and look for a rock big enough that you can write on. After you find the rock go inside and give it a bath! Once dry, ask an adult to help you use markers or paint that will stick to your rock.

Paint the word joy on your rock. Place your rock in somewhere you can see it daily. When life gets tough, go find your joy rock to help you remember that you can choose joy when life gets hard.

**KNOW that you can choose joy.**



DAY  
3

## Choose Joy

1. Grab some paper and marker. Copy the words below onto separate sheets of paper.  
Happy  
Sad  
Grumpy  
Silly  
Joy
2. Fold up the papers and put them in a pile in front of you. Ask someone to play with you.
3. Take turns choosing a piece of paper.
4. Act out the emotion listed.
5. If you choose joy; shout, cheer, and jump around! Then, go again.

**ASK God to help you choose joy and show your joy to others.**

DAY  
4

## Pray Hard

When life gets hard, pray. Grab your joy rock from the other day. Hold your rock and pray the prayer below.

~~~~~  
"Dear God, I pray that I can always remember to come to You when things are hard. I know that You can restore my joy. I know You are always with me. Amen."

~~~~~  
**THANK God for helping you when times are hard.**



# You can choose joy when life gets hard.

**Search for the word, JOY.**  
**The word is hidden five times.**

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| J | O | Y | A | D | Q | H |
| O | O | M | N | K | N | J |
| Y | Z | G | S | T | I | L |
| T | W | J | V | G | R | N |
| E | H | M | O | M | J | L |
| M | M | J | O | Y | O | Z |
| R | X | S | U | H | Y | U |