

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

Matthew 28:19-20

DAY

1

## Go and Tell

Jesus gave us the job to tell others about Him. Come up with a clever way that you can spread the Good News about Jesus. You could create a song, cheer, or poem about what Jesus did for us. Then, share with a friend!

**KNOW** that sharing the truth about Jesus is the best thing we can do.

DAY

2

## Always Around

Grab some paper, scissors, and something to write with. Make a bracelet. Cut a strip off of the longest side of the paper, write out this week's bottom line: God is always with you. Ask an adult to help you wrap the paper bracelet around your wrist. Wear the bracelet this week to remind you that God is always there. *(Tip: If you want it to last a little longer, place clear packing tape around your paper before wearing it.)*

**LOOK** around to see that God is always there.

DAY

3

## He Said It, We Do It

Look up this week's verses. Read through it a few times and talk to someone about what Jesus asked His followers to do. For example: Tell others about Him, be kind, and love one another. How could you do the same in your life?

**THANK** God for doing so much for you.

DAY

4

## Be Here

Talk to God and ask for guidance on sharing the Good News about Jesus.

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 "Dear God, I know you are always there. I pray that I can always see you and feel you, especially when I feel like I can't. I pray that you will help me tell others about Jesus. I love you. Amen."  
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**ASK** to feel God's presence.

God is always with you.

GOD IS  
ALWAYS  
WITH YOU!

