



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

### DAY 1

#### Read 1 Corinthians 16:13

What does a guard? A guard protects people or property.

If you were to choose someone to guard your house, what kind of person would you hire?

Grab a piece of paper and write down some qualities you'd want in a guard. You could even make it into a job description or draw a picture of the kind of guard you'd like to hire.

A guard's number one job is to pay attention. If you hired someone to guard your house and then caught them sleeping on the job, you would probably fire them.

If we want to be resilient, to keep doing the wise thing even when it's hard, we have to be on our guard. We need to pay attention and stay strong so we can keep following Jesus.

This week, **be on your guard and remain strong in your faith remembering that God will help you so that you can keep going when it gets tough.**

### DAY 2

#### Read Romans 12:12

Was there a time this week when you faced something tough and you wanted to quit?

Today's verse gives us a big clue of how we can keep going, even when it gets tough. When things get tough, we can always pray.

When you pray, you are talking to the God of the universe! When you pray, you are talking to the one who is bigger and stronger, more loving and kind, than anyone else. **God always hears you and promises to help.**

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#### Keep Going Prayer

1. Grab an index card or scrap of paper.
2. Write a simple "keep going" prayer of ten words or less to ask God to help you keep going even when it gets tough.
3. Place it in your backpack. When you're tempted to quit, pull out that card and pray.





DAY 4

## Read Galatians 6:9

What are some ways that your body lets you know you're tired? Maybe you yawn or your eyes start to droop. Maybe you even nod off for a second and your head slumps forward. God made our bodies to need regular rest. But being physically tired is different from the tired in today's verse. God urges us to not become tired of what? Doing good!

But that's not easy! It's hard to . . .

- be honest and tell the truth.
- let someone else go first.
- not say something mean when someone calls you a name.

There's good news though. When we choose to do the right thing, good things can follow. Because . . .

- choosing honesty shows others they can trust you.
- putting someone else first makes you a friend others want to hang out with.
- holding your tongue means you won't say something that you don't really mean.

The good things to follow may not happen immediately. But that's okay. **We can still keep going, keep doing the right thing, even when it's tough.**

## Read Job 17:9

We know a lot about clean hands these days, don't we? Washing your hands is a big key to staying healthy. But today's verse isn't talking about clean hands to avoid getting physically sick.

When you do the right thing, you have nothing to hide, right? When you make an unwise choice, what are you most tempted to do? Yep, to hide it so you avoid getting in trouble. But when your parents or your teacher finds out what you were hiding, what happens? Yep, the consequence can be worse because you tried to lie and cover it up.

It's better to do the right thing. To make a choice that you don't have to cover up. Even if it's hard. Because the promise we find in today's verse is true: **when you keep doing what is right, you will grow stronger.**

### Clean Hand Challenge:

1. Write down the words of today's verse.
2. Post it near a sink in your house that most everyone uses.
3. Challenge your family to repeat the verse five times every time they wash their hands this week as a reminder to keep going even when it gets tough.



**Keep going even when  
it gets tough.**