



Resilience is getting back up when something gets you down.

DAY 1

Read 1 Thessalonians 5:16-18

Ever had a bad day? A day where nothing seemed to go the way you wanted no matter how hard you tried? Thankfully, bad days don't happen every day.

But when they do, our verse today gives us a good idea for how we can face it.



Unscramble the words below:

1. Choose
Y O J

Joy is BIGGER than happiness. It's a deep-down trust that no matter what happens, everything will be okay because God is in control.

2. Never Stop
Y G P N R I A

Remember, you can talk to God anytime, anywhere, about anything! God hears you when you pray and wants to help.

3. Give no matter what.
K N H A T S

Praying and giving thanks can remind you that you're not alone and that the God Who is always in control is on your side. When you choose joy, you can have resilience and get back up when life gets you down!

Answers: Joy, Praying, Thanks

DAY 2

Read Psalm 145:14

Do you ever start something and want to quit when it gets hard? Maybe you've tried a MILLION times to memorize your times tables and you just can't do it. Or maybe you want to land a new jump on your skateboard, but you fall every time.

It can be hard to keep going when you want to quit. And it can be REALLY hard to do the right thing when you mess up. When you make an unwise choice, you might feel guilty or face a consequence like getting in trouble. But when that happens, you can choose resilience when you remember that God is on your side.

God loves you when you choose to do the right thing AND when you mess up too. God will take GOOD care of you and help you find joy, even when you fail —because we all do! God will help you choose joy even when life gets hard.



DAY 3

Read Philippians 4:4

Today’s verse sums up exactly why you can find joy in every situation. According to Philippians 4:4, why should you “always be joyful?”

.....

Yes! Because you belong to God.

And what does Paul, who wrote these words in a letter to the church in Philippi, say a second time?

.....

Be joyful! To make it very clear, he says it twice. No matter what happens, you can choose joy because you belong to God. So let’s say it again, “Be joyful!”

Draw a line from the scenarios below to the words “Be Joyful” as a reminder that you can always be joyful.

When a friend is kind.

When someone hurts you.

When you get straight “A’s”.

When you don’t make the team.

When life is awesome.

When you have the worst day ever.

BE JOYFUL

DAY 4

Read Acts 16:24–25

Think about a really bad day where everything goes wrong. Grab a piece of paper and draw a picture to represent your bad day.

Paul and Silas faced a REALLY bad day. They were beaten and thrown in prison for healing a woman who needed help. So what did they do?

They could have chosen to complain, cry, be angry with God, stir up trouble with the other prisoners, or plan their escape. But they didn’t do any of those things. Instead, Paul and Silas chose to pray and sing worship songs to God.

You’ll face plenty of bad days like the one in your picture. A big key to resilience is to choose joy. God is in control even when things around you seem out of control. Paul and Silas knew that. No matter what happens, God can help you choose joy!



God can help you choose joy.