

# Bounce Back: Get back up again

Resilience is getting back up when something gets you down.



### Bible Story

**Peter and John Are Taken to the Sanhedrin**  
Acts 3:1-4:21

When have you decided to keep going?



### 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, NlrV

Weekly Cues



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# Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



## Morning Time

Start your kid's day off with a well-timed "I love you."



## Meal Time

At a meal this week, ask: "What is something new that you tried that took a little time to learn? What were some of the challenges along the way in learning how to do that?"



## Drive Time

While on the go, ask your kid about the best thing that's happened to them lately. Spotlight something in their experience that demonstrates something good in them. (For example, you're a really good friend, you study hard, etc.)



## Bed Time

Pray for each other: "God, when we want to give up, give us the strength to make the decision to keep going."

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