



Use this guide to help your family  
learn about resilience.

First, watch this  
week's video at  
KC website:  
[www.communitychristian.org/kids](http://www.communitychristian.org/kids)

**Resilience:**  
Getting back  
up when  
something  
gets you down

### 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, NIV

### Bible Story

Heroes of the Faith  
Hebrews 11

### Key Question

Who inspires you to get back up?

## Activity

### Up and Down

#### What You Need:

Two pieces of paper; writing utensil

#### What You Do:

On the left side of one sheet of paper, draw an arrow pointing down. On the right side of the other sheet of paper, draw an arrow pointing up.

Say, "On the piece of paper with an arrow pointing down, write down some things that make you feel down."

Then say, "On the paper with the arrow pointing up, write down some things that help you get back up when you're feeling down."

When you're finished, say, "We learned about several "heroes of faith" in our story today. Their stories can inspire us to bounce back and be resilient when we're feeling down . . . just like the people and things on the page with arrow pointing up!"

## Talk About the Bible Story

How is having faith similar to having resilience? (You keep believing, even when it's tough. You keep trying, even when it's tough.)

What is faith, in your own words?

Why is it important to know the stories in the Bible? How do those stories affect our ability to bounce back?

How can faith and trusting God help us to get back up again?

*Parent: Share about someone who leads and encourages you when you go through a hard time and you're tempted to give up.*

## Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, You can be trusted no matter what! You love us and You are always with us. You know us, and You want us to know You. Thank You for Your Spirit that gives us strength . . . for Jesus, who gave us a way to be with You now and forever . . . and for the heroes of faith who show us how important it is to trust You. Thank You for inspiring us to get back up, even when things are hard or we don't understand. Amen!"