

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the 'WHAT HELPS YOU KEEP GOING?' prompt.



Day 1

After watching, write one thing that:

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!


1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read Acts 16:16-40

As you read through Acts 16:16-40, draw arrows in the margin (or, if you're reading on a device, use a sheet of paper to draw the arrows as you read). If you think what is happening to Paul and Silas is good and would make them happy, draw an 'up' arrow. If you think what they're facing is hard, draw a 'down' arrow. If whatever is happening is kind of a mixed bag, draw this arrow .

When you're done reading, take a look at all the arrows. There are a lot of ups and downs, and "mixed-bag" scenarios, aren't there? From being followed by a girl with a spirit, to being beaten and then thrown in jail, there was a lot of hard stuff. There was also some pretty great stuff—like the earthquake that freed them from jail, and getting to see the jailer and his family put their trust in Jesus.

But between all those ups and downs, that's where we see what resilience looks like (in Acts 16:25), as Paul and Silas choose to pray and worship God, despite what's happening around them. They chose joy, even when life got hard.

Day 3

In Acts 16:25, we read how Paul and Silas were praying and worshipping God, choosing joy.

But read Acts 16:22-24 and check out what was happening to them at that point in time.

Talk about choosing joy when life gets hard! In the middle of one of their darkest days, Paul and Silas chose to talk to and worship God.

Whether you are going through a hard time right now or life is pretty great, you can always choose to have joy—and one way to live that out is by talking to God and thanking Him. Make a list of three things you are thankful for, and then include them in this prayer of gratitude.

Dear God, there are some things that are hard right now—in the world and in my life—but I know I have a lot to be joyful about, and much to be thankful for. Thank You for
and And thank You for making me and loving me and sending Jesus to be my Savior. Please help me choose joy when life gets hard. In Jesus' Name, amen.

Day 4

You can choose joy when life gets hard.

Happiness is external. It's what you feel for a few minutes or maybe a couple of days when things are going great. Maybe you're at Disney World or the beach. . . or you make the school play or the basketball team. . . or you get the very thing you asked for at your birthday party. But then what happens when the vacation is over, the play ends, or the toy you asked for breaks? Happiness goes away.

Joy is better! It's not dependent on what happens on the outside. There's a reason Paul writes in Romans 15:13, "May the God who gives hope fill you with great joy." "FILL you." It's something you experience on the inside, and it comes from God! One way we can allow God to fill us with joy is by expressing gratitude for the blessings He has given us.

Grab a sheet of paper and something to write with and go around asking your family to share things they are grateful for. Reach out to your friends to ask them too! On your sheet of paper, write down what they share with you, leaving space between each one. Then save the sheet for tomorrow.

Day 5

What helps you keep going?

If you're breathing, one thing is true: you've gone through or will go through a hard time. Jesus Himself said we'd have trouble in this world. But He also said to take heart—choose joy!—because He has overcome the world. When we remember the truth that Jesus came to be our Savior and that He is with us always, we can keep going.

Make some "Resilience Reminders" to help you focus on truths that will help you keep going. Get that sheet of paper you started with yesterday and add to it with truths like these:

- God created me.
- God is always with me.
- I am deeply loved by God and my family.
- There's nothing I can do to make God love me less.

Keep going, including real-time truths and things you're grateful for. Then figure out where you'd like to keep your Resilience Reminders. Cut the sheet reminders into strips, then decide where you'd like to put them. Then whenever you're having a hard day, or just need some help to keep going, check out one of your Resilience Reminders and be encouraged that you can keep going!

