

Resilience is getting back up when something gets you down.

Read: Isaiah 41:10

DAY
1



Not Alone

Who is a friend of yours that you like to spend time with? Ask your adult to schedule a play date with a friend who is always there for you—or a friend that might need you! Just like that friend, Jesus is the BEST friend we could have, and is always there.

THANK God for friends!

DAY
2

Draw it Out

Think about a time you were sad and God helped you. Maybe God helped you by giving you peace or by having someone come alongside you to comfort you. Draw a picture of a time that this has happened to you.

LOOK for the ways God takes care of you.

DAY
3

I am Your God

Look up this week's verse and fill in the blanks below with your adult. Then read it aloud together!

Isaiah 41:10, NIV

So be I am with you.

Do be terrified. I am your I will

..... you and help you. I will

you in my hands. I always do what is

KNOW that God is always with you.

DAY
4



Hey, Jesus

Jesus wants us to talk to Him like a friend. He is always there to listen and help us. Pray the prayer below, or you can pray your own prayer asking Jesus to help guide you when you're sad.

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 "Hey Jesus, thank You for always being there for me. I know that You always have my back. You will take care of me when I'm sad and help me when I need you. Help me to always remember that You are there for me, and I am never alone. In Your Name, I pray. Amen."  
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ASK Jesus to help you when you are sad.

When you're sad,
remember you're
not alone.



