

# Resilience is getting back up when something gets you down.

Hebrews 12:1

DAY

1

## I Spy Jesus

Play a game of "I Spy" with a friend. Go outside in nature to see things that were created! What is the beauty around you that you can spy?

**KNOW that what was created was created for you!**

DAY

2

## Look!

Use paper, scissors, tape, and some string to create a set of binoculars or a pair of glasses. After you have completed your designs go for a walk around your house or neighborhood (with an adult!) and look at all God has done! *Bonus: Create a pair for a friend and have them come with you! Talk about what God has done for you!*

**LOOK at the things God has done for you.**

DAY

3

## Throw It

Look up this week's verse and write it out on a piece of paper. Crumble up the paper into a ball. Say the verse out loud and then throw the paper ball to someone else. They say the verse and throw it back! Do this to help you remember your verse.

**ASK God to help you throw off your worries.**

DAY

4

## He Did It

Jesus came here to live, tell others about God, die, and come back to life just so we can go to heaven one day. He did so many amazing things just because He loved us, even before He knew us! Let's take some time and thank God for sending Jesus here.

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 "Dear God, Thank You so much for sending Jesus here to live and die for us. We can see so much of Your amazing work through Him. Because of Jesus, we have joy! Joy that can be seen and felt every day when things are easy or when they are hard. Thank You so much! In Jesus name, amen."  
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**THANK God for sending Jesus.**

Keep going because of what Jesus did for you.

