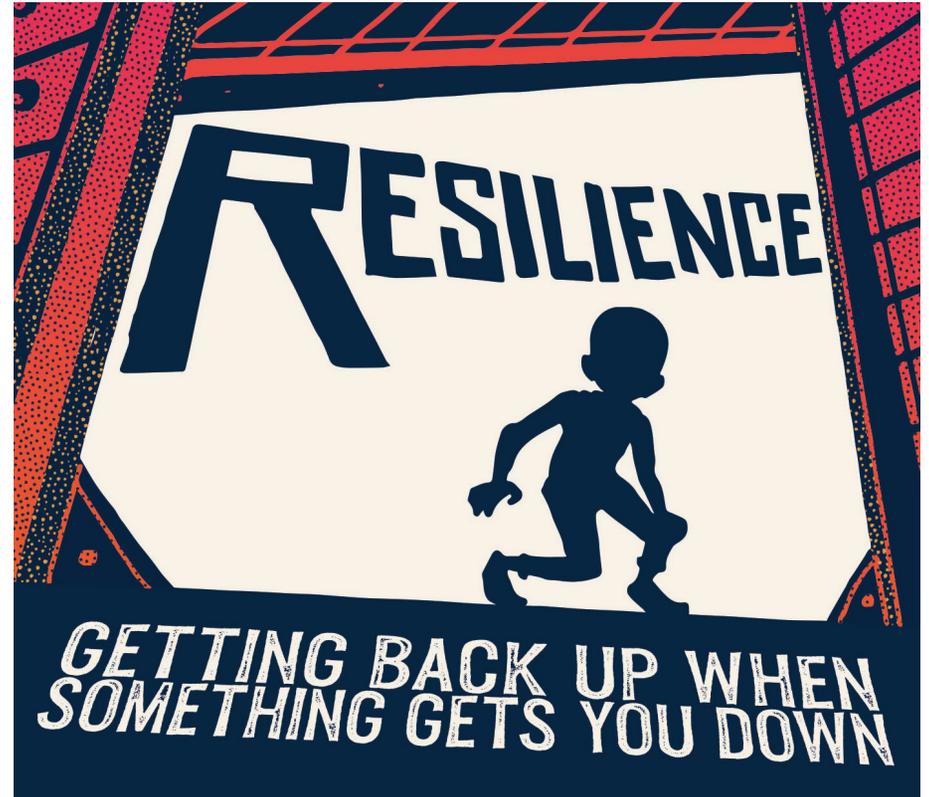


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the 'When Have You Decided to 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 3:1-4:21

As you read through Acts 3:1-4:21, underline each time that Peter gives credit to God for something that happened (such as in Acts 3:12-13).

Peter and John healed a man who couldn't walk, and then they shared the good news that Jesus had come to save. Hundreds gathered to listen to Peter and John, and many of them believed. But the religious leaders were not happy. Peter and John were arrested and brought before the leaders—who threatened them and told them to stop talking about Jesus.

But Peter and John kept going even when it got tough—for one important reason: God's Spirit helped them get back up and keep going.

And because they kept going and kept sharing (see all those times you underlined?), thousands of people believed in Jesus!

Day 3

How do you keep going when it gets tough?

Thankfully, you don't have to do it alone! You can ask God for help whenever you need it. God can give you the strength to get back up when something gets you down.

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Grab some sticky notes (if you don't have any, you can cut a couple of sheets of paper into pieces and use tape) and something to write with. Write the following words on separate sticky notes: PRAY, KEEP GOING, ANSWERED PRAYER. (You can write A.P. for short.) Find a blank wall, and stick the notes up on it, from left to right.

Then with the remaining sticky notes, write down on each one a situation in which you need resilience to keep going. Write as many as you can, then keep the sticky notes nearby to keep adding throughout the month. Place the prayer requests under "START." Then spend some time asking God for help with those situations.

Each day, keep praying for the things you wrote down, and add new things as they come up too. (You'll move the sticky notes throughout the week, don't worry!)

## Day 4

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### Keep going even when it gets tough.

It helps to keep going when you know others are also being resilient! Who, in your life, do you know who is going through a situation that they could use some help to keep going? Reach out and ask them how you can pray for them. Then write the prayer request on a sticky note and add it to under "PRAY."

Next, ask some family members for some stories of things they needed resilience to make it through. Write the situation on a sticky note and put it under "A.P."

Be sure and tell your family and friends that you're praying for their resilience and to keep you updated on how things go!

## Day 5

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### When have you decided to keep going?

Take a look at your sticky note display from earlier in the week. Then answer the following questions.

- Have any of these situations been resolved? Maybe the math test you were studying for is over, or you finally figured out that hard part of your piano piece. Move that sticky note over to "A.P."
- Are you tempted to give up in any of these situations? If you are, keep the sticky note under PRAY for now, and ask God to help you keep going. You can also reach out to a friend and ask them to pray with you!
- Are there any situations where you've seen progress made, but you still need to keep going? Maybe you've been nicer to your little brother or you've done your chore every day without being asked, but you know you need God's help to keep going. Move those sticky notes to "KEEP GOING," and then do that!

Keep your sticky note display up the rest of the month (or longer, if you'd like), and do some check-ins from time to time to see how you've kept going with God's help! And don't forget to check in on your friends and family too and encourage and celebrate each other as you keep going!

