

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

## DAY 1

### Read James 1:19 – 20

Did you have to hurry anywhere today? Maybe you hurried to catch the bus, hurried to finish your homework to play, hurried to grab your cleats and water bottle so you wouldn't be late for soccer practice. When it comes to controlling our tongues, there is one thing we should always be in a hurry to do—LISTEN.

When you listen, you always learn something. The opposite is true too. It's hard to learn anything new when you're talking all the time. When we're quick to listen, it helps us to hear what other people are saying and feeling. And when we're SLOW to speak, we give ourselves time to calm down before we lose our tempers!

#### Hop To It

Grab some index cards or small pieces of paper and write the verse in phrases on the cards. Place them on the ground so that you can jump or hop from one card to the next. Walk over the phrases quickly or slowly as you repeat the verse.

## DAY 2

### Read Ephesians 4:26–27

Can you think of a time recently when someone made you angry? Did you try to get that person back? Did you try to make things better or are you still holding onto that anger?

When it comes to anger, God's word is clear about what we should and shouldn't do. We shouldn't allow our anger to lead to sin. That means we shouldn't try to get them back. But we also shouldn't carry that anger around.

Have you prayed about what happened? Have you asked God to help you forgive the person who hurt you? Holding onto anger never helps, it only leads to more hurt. So the next time someone makes you angry, stop and talk to God.

#### Bedtime Prayers

Write the words, "I will not let the sun go down while I am still angry" on a card and place it next to your bed. Before going to bed, talk to God and think back over your day. Did someone make you angry? Are you still mad about it? Ask God to help you with your anger and to respond well.



DAY 3

### Read Proverbs 15:18

“But he started it!”

Have you ever said that? Has anyone else ever said that about you? It doesn't really matter who started it. According to this verse, it's more important to shut it down.

The next time you and your siblings or friends get into an argument, instead of trying to win or make your point or get even, make a choice to calm down. Take a deep breath and think about how you can patiently work things out. When you do, the argument and all the things you were frustrated about won't seem like such a big deal.

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#### Calm Down

To practice this ahead of time, play the calm-down game with your sibling or friend. Sit on the floor facing each other. The object of the game is to sit still and quietly stare at each other. The first person to laugh loses. Play again. See how long you can go before someone “loses” it and laughs.



DAY 4

### Read Proverbs 16:32



When you fight with someone or get into an argument, what is it usually about? Do they have something you want? Did they hurt your feelings? Are you arguing over who gets to be first? If your friend isn't sharing something you really want and you grab it from them, how does that make your friend feel? How does that make YOU feel?

What's more important? The thing you want or the relationship you have with your friend? The friendship! Controlling your temper is way more important than getting what you want. Besides, if you lose your temper and hurt someone else, you'll only end up playing by yourself.

What would happen if you stopped in the middle of an argument and said, “Hey, maybe we should pray about this?” Your friend might look at you funny, but that's okay. Stopping to pray—whether the friend joins in or not—gives you an opportunity to slow down and remember that God will help you. And it gives your friend time to cool off too.



**When you're angry,  
talk to God.**