



Rain or Shine: Trusting God in every season

Resilience is getting back up when something gets you down.



Week One

Jesus Wept
John 11:1-45

Who can you talk to when you're sad?

Week Two

Do Not Worry
Matthew 6:25-34

What kinds of things do you worry about?

Week Three

Slow to Anger
James 1:19

What do you do when you feel angry?

Week Four

Paul and Silas
Acts 16:16-40

What brings you joy?

MEMORY VERSE

Be strong, all you who put
your hope in the LORD.
Never give up.
Psalm 31:24, NIV

Preteen

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your kid starts their day, tell them "Jesus is there to help you with whatever you face today."



Meal Time

At a meal this week, have everyone at the table answer this question: "Who can you talk to when you're sad?"



Drive Time

While on the go, ask your kid: "Who is someone who makes you feel better when you're sad?"



Bed Time

Pray for each other: "Jesus, thank You that You care about how we feel. We know that sometimes we will feel sad. But even when we're sad, You are still with us and You care about us."

More Ways to
Engage with
Your Kid

Faith &
Character
Activities



Worship Song
of the Month



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