



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

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

Week Two

Do Not Worry
Matthew 6:25-34

When you're worried, trust God.

Week Three

Slow to Anger
James 1:19

When you're angry, talk to God.

Week Four

Paul and Silas
Acts 16:16-40

God can help you choose joy.

MEMORY VERSE

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

Elementary

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: "When is a time you have been sad lately?"



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."

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