

Resilience is getting back up when something gets you down.

Read: James 1:19-20



DAY

1

Quick to Listen

Play a game of “Red Light, Green Light!” The person who is “It” should call out actions as quickly as they can. The others need to try and keep up!

ASK God to help you be quick to listen.



DAY

3

Slow to Speak

When you get angry, it’s easy to say something you don’t mean. Practice James 1:19-20, by saying the verse in slow-motion.

KNOW that when you think before you speak, it will help you remember to do the right thing.

DAY

2

Calm Down

Draw a picture of yourself doing something that helps you to calm down. Maybe it’s going for a walk, laying in your bed, or praying! What helps you calm down when you get angry?

LOOK for ways that you can calm down when you need to.

DAY

4

Let’s Talk About It

God can help you when you are angry! Talk to God about helping you when you get angry.

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 “Dear God, sometimes it’s so easy to get angry. Please forgive me for the times I have lost my cool. Please always help me to remember that I can talk to You when I feel angry. Help me to be quick to listen, slow to speak, and slow to get angry. Thank You, God. Amen.”  
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THANK God for being there to help keep you calm when you want to get angry.



When you’re angry,
talk to God.

