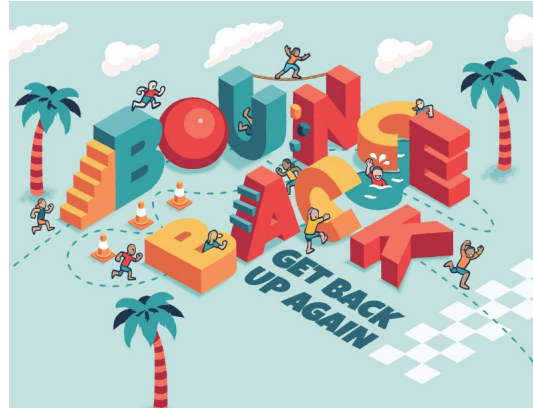


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**MAY 2022**  
**WEEK THREE**

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## Elementary



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Resilience is getting back up when  
something gets you down.

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### **Bible Story**

#### **Paul and Silas in Prison**

Acts 16:16-40

You can choose joy when life  
gets hard.

#### **MEMORY VERSE**

"But those who trust in the Lord will receive new strength. They will fly as high as eagles. They will run and not get tired. They will walk and not grow weak."

Isaiah 40:31, NIV

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**ENGAGE IN EVERYDAY MOMENTS TOGETHER**

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### **Morning Time**

Start off your kid's day with a simple reminder: "Be kind to someone today."  
(Make sure you're being kind when you say it.)



### **Drive Time**

While on the go, ask your kid, "What's something new you learned this week?"  
(It can be a joke, a new skill, a fact, etc.) Then, share something you learned this week with them.



### **Meal Time**

At a meal this week, ask: "When something is difficult or challenging, how do you react? How can you be joyful during those times?" (Share an example from your life.)



### **Bed Time**

Pray for each other: "God, help us to encourage one another to not give up when things get tough."



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