

# Family Sunday School

## Topic: Resilience

### Introduction:

Research into healthy childhood and adolescent development highlights that one of the most invaluable traits you can instill in a child is *resilience*. Given the inevitability of disappointment, struggle, and even suffering, in a person's life, teaching a child how to survive struggle, or event that they *can* survive struggle is one of the best gifts we can give them. Our faith is one that has resilience baked into its very core. We are people who worship a crucified savior, who hold tight to the truth of our salvation, while living in a world that is still so far from what it should be. This week we'll be talking about flowers, resilience, and what it means to be created in the image of God who overcame Death itself.

### The Set-Up

*Take your family outside and look for a plant growing somewhere it shouldn't. Have everyone help - look for flowers in sidewalk cracks, weeds poking up in flower beds when you just picked them, grass coming up through the deck, etc. Circle up around the plant.*

#### Ask (younger children):

- What makes it easy for plants to grow?
- Would it have been easy for this plant to grow here?
  - Why not?
- So what does that mean about this plant?

**Say:** Most plants can't move once they start growing, so no matter how bad the spot is, the plant has to grow where its planted to stay alive. So plants will work REALLY hard and go through a LOT to grow even in really hard places.

#### Ask (older children):

- What's the weirdest place you've seen a plant growing?
- If you had to build a house where that plant was growing, do you think you could live there?

**Say:** Plants are resilient. They can survive being stepped on, weeded, flooded, dried out, all kinds of things. They can grow even in places like pavement, or on steep hillsides, or in really cold weather.

## **The Lesson**

### **Ask (younger children):**

- Who created plants and made them so strong?
- Who created you?
- Do you think you're as strong as plants?

*Have an older child read Matthew 6:25-34.*

**Say:** A dandelion lives just a few days but, because God made it, it is strong enough to grow even in the cracks of the pavement. God made us too, and we are God's favorite creation, so we must be even stronger. If a dandelion can be stepped on and ripped up and still grow, we must be able to go through even more and still grow. A word for this kind of strength is *resilience*. Resilience means you can go through hard things and still live and grow. Dandelions growing in pavement (*or whatever your family found growing*) are resilient, and so are we, because God made us that way.

### **Ask (older children):**

- What are some ways you have felt like you were stepped on or ripped up?
- How did you make it?
  - What helped? What made it harder?
  - Did you feel like you were tough/resilient?

### **Ask (adults):**

- Do you think of yourself as resilient?
- What is a time you were resilient?
- When have you seen the other members of your family be resilient?
  - *Name a story for each family member, and invite them to add their own.*

*Take a minute to close in prayer together.*