

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

[illegible]

Day 1

After watching, write one thing that:

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Even if you already saw it at church,
feel free to check it out again!

1. You liked:

.....

2. You learned:

3. You'd like to know:

.....

Day 2

Read Genesis 1:26-28

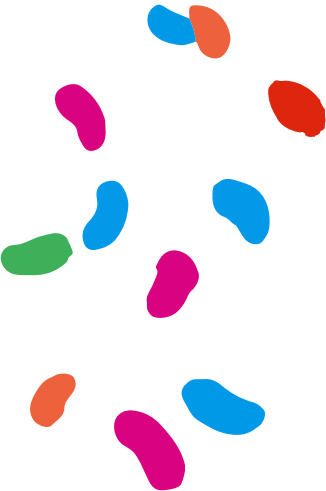
Grab a sheet of paper and your favorite art supplies.

As you read Genesis 1:26-28, draw a picture illustrating what you read.

You can either illustrate the actual parts of creation you read about (birds, fish, humans, etc.), or you can do something more abstract that just represents the beautiful creation God made.

Be sure to include something that represents God's prize creation: humans, made in His image.

P.S. Save this drawing for later on this week.



Day 3

Have you ever thanked God for making you the way He did?

Sometimes we get so focused on trying to be like God, that we can miss the fact that He already made us to be like Him! We can live out His love, joy and peace in the unique way that He made us.

Think about the unique way you were made in God's image, and then pray this prayer to thank Him:

Dear God, thank You for making me in Your image, and yet also making me different from others so that I can offer something unique to people around me. I can see how you've made me to

.....

..... ,

and how when I do that, I shine Your light in a way that makes a difference to others. Thank You for making me the way You did! In Jesus' Name, I pray.

Amen.

Day 4

This month's memory verse is a wonderful one to memorize—and to share!

Make a list of three people who you think would be encouraged to hear this verse today.

Then make a list of three ways you can share the verse, like texting it or just verbally sharing it with them.

Names:

.....

.....

.....

Ways to share:

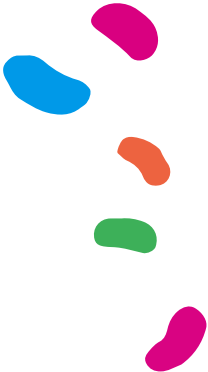
.....

.....

.....

Now, get to work sharing the good news with others that how God made them is amazing and wonderful!

“How you made me is amazing and wonderful. I praise you for that. What you have done is wonderful. I know that full well.” Psalm 139:14 (NirV)



Day 5

How would you describe God?

Drawing a picture of God seems pretty impossible, doesn't it? But the truest way to imagine God doesn't have to do with a body or physical features, but has to do with who and how God is: things like God's love, peace, joy, kindness, gentleness and self-control.

Grab the artwork you drew earlier this week of God's creation, as well as the art supplies. Look at it through the lens of WHO and HOW God is. . . look for things that represent God's love, joy and kindness. Imagine you're describing God to someone else and add more colors, and more images of things that remind you of God. Think about the way that God has made you in His image and include either a self-portrait or colors or objects that represent the unique way God made you.

Hang the picture on your bathroom mirror or somewhere you will see it every day to remind you that God's image is reflected everyone in His creation—and especially in you!

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

[illegible]

Day 1

After watching, write one thing that:

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Even if you already saw it at church,
feel free to check it out again!

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read Matthew 9:9-13

As you read Matthew 9:9-13, underline the statements that are made, put a question mark above the questions, and put an exclamation point above the commands that Jesus gives.

The very first exclamation point you should have is above the words, “Follow me.” How great it is that Jesus Himself, who is perfect and the Son of God, wants all of us to follow Him, to know Him! That’s definitely worth an exclamation point (or several)!!!



Day 3

It’s important to discover who you’re meant to be so you can make a difference—and the best way to figure out who you are and are meant to be is by asking the One who made you!

After all, knowing Jesus changes how you see yourself! Jesus wants us to follow Him, so as you pray today, get up and move around the room. As you walk, personalize this prayer by filling in the blanks with the unique ways you know God has gifted you, and then pray it out loud:

~~~~~

“Dear God, thank You for making me  
the way You did. Thank You for making  
me .....  
and giving me the gifts of .....  
.....  
I know there are even more cool things  
about me because I am made in Your  
image. Please help me to see those  
things and to become each day more  
and more the person You made me  
to be. And help me to see past all my  
mistakes and mess-ups to see myself  
the way that You see me. In Jesus’  
Name, I pray. Amen.”

# Day 4

Today you’re going to find out what it’s like to be on the other side of you but through the lens of how Jesus sees you!

Write down the names of 2-3 people who you know follow Jesus closely: people who are able to see you the way He does.

.....  
.....

Now grab a notebook or sheet of paper and a pen and head off to interview those people with the following questions.

1. How do you think Jesus sees me?
2. What is one way that God created me uniquely?
3. What are some of my gifts and characteristics?

~~~~~

Thank your friend or family member for helping you see yourself as Jesus does. (Be sure and save their answers because you’ll use them again.)



Day 5

How would you describe yourself?

Grab a dry erase marker (if you don’t have one, you can do this on a blank sheet of paper with regular markers and hang it in your bathroom) and stand in front of your bathroom mirror. Trace your face as you look into the mirror.

Now, around your face outline, write the words that you heard others use to describe you yesterday. Write words of affirmation, positive words, that you know Jesus would use to describe you. Then above it all, write these words: “Knowing Jesus changes how you see yourself.”

Leave this up on the mirror for a few weeks to remind yourself every day that how God made you is amazing and wonderful!

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journal writing lines for the question "What are you good at?".



Day 1

After watching, write one thing that:

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

Journal writing lines for the questions: 1. You liked: 2. You learned: 3. You'd like to know:

Day 2

Read Acts 16:13-15

Read this interpretation of Acts 16:13-15 and write the word in that you think matches the emoji. Then go back and read the passage in the Bible and see if you got it right!

On the Sabbath day we went outside the 🏠 gate. We walked down to the 🌊 . There we expected to find a place of 🙏 . We sat down and began to speak to the 👤👤👤 who had gathered together. One of the women 🧠 was from the city of Thyatira. Her name was Lydia, and her business was selling 💜 cloth. She was 🙌 God. The Lord opened her ❤️ to accept Paul's message. She and her 👤👤 were baptized. Then she invited us to her 🏠 .
"Do you consider me a believer in the Lord?" she asked. "If you do, come and stay at my 🏠 ." She ✅ in getting us to go home with her.



Day 3

Last week, you did a bit of investigation to find out some of the unique ways God gifted you.

But discovering who you're meant to be is just the first part of individuality. Once you discover who God made you to be, you use all those gifts and characteristics God gave you to make a difference! So it's time to ask God to show you how you can use what you've learned about yourself to use your gifts to help others.

Paul wrote these words in a letter to the Jesus followers at Philippi, including Lydia, who used her talents and resources to help others.

"God began a good work in you. And I am sure that he will carry it on until it is completed."

Use those words to talk to God about how He might use you and your gifts to do good things!

~~~~~

"Dear God, thank You for beginning a good work in me. I can see that You've given me the gifts of ..... and the resources of ..... that I can use to help others and show them Your love. Just as Paul wrote to the church at Philippi, I am sure that You will keep doing good things through me. Please show me one way today that I can use my gifts to do good. In Jesus' Name, I pray. Amen."

## Day 4

Last week you interviewed friends and family to ask them how God uniquely made you and to help you see yourself the way that Jesus does.

Today you're going to go back to those same people for a follow-up interview. This time, the focus is on the gifts and talents and skills that you have—it might be something physical like sports or playing an instrument, or something more intangible like being an encourager or being a positive person. Make a list of everything that anyone mentions, and don't be afraid to add to the list yourself. It's okay to know what you're good at—in fact, that's the first step to using your talents and gifts to do good things!



## Day 5

### What are you good at?

Have you ever seen a coat of arms? It might look like this:

A coat of arms is a symbol used to identify families or individuals. Today, you're going to use the list you made yesterday to make a coat of arms that represents you!

Grab a sheet of paper and your favorite art supplies. Then draw the outline of the coat of arms. Inside it, draw symbols that represent you. There might be a soccer ball, a guitar, a book, a cake, and a heart. Or maybe your coat of arms has a video game controller, a chess piece, and a horse. Whatever it looks like, it should look like you!

Now think about each symbol represented on your coat of arms. How can you use each gift or talent you have to serve others? Add additional symbols, drawings, or words that will remind you of how you can make a difference.

Once your coat of arms is finished, find a special place to display it where you will see it every day. Make a point of picking one symbol each day that you can be intentional about using to help others and shine God's love!

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



This image shows a full page of white paper with horizontal dashed lines, typical of primary school writing paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## Day 1

After watching, write one thing that:

Go to [bit.ly/SundaysAtHomePreteen](https://bit.ly/SundaysAtHomePreteen) and watch this week's episode of The So & So Show.

**Even if you already saw it at church,  
feel free to check it out again!**

**1. You liked:**

## 2. You learned:

### 3. You'd like to know:

# Day 2

## Read 1 Timothy 4:12

Try your hand at interpreting the message behind 1 Timothy 4:12 in American Sign Language. Learn each word listed below through video lessons at [www.handspeak.com](http://www.handspeak.com)! Practice the correct hand signs with a friend or parent this week.

Don't  
allow  
anyone  
to disdain you  
because  
you are  
young.  
Become  
an example  
to people.



# Day 3

## Are you wondering how you can make a difference right now?

If you made the coat of arms last week, grab that. If not, take a minute to think through some of your talents, skills, and resources and write them down. Then look at the coat of arms or your list and pray through it, asking God to help you to use these gifts and experiences you've had to make a difference in the lives of people around you.

Dear God, You have given me the gift of

.....

Please help me to use that to help

..... with

.....

Close your prayer asking God to give you the courage to make a difference right now!

# Day 4

## It's great to talk to people who are older than you, or who have been following Jesus longer than you have.

But did you ever think about the fact that you are that person for people who are younger than you? Or for friends who maybe haven't been following Jesus as long as you have?

Today you're going to "talk" to others who are younger than you—or who perhaps haven't been following Jesus as long as you have—using the interpretation of 1 Timothy 4:12 in ASL that you learned earlier this week.

Start by teaching them the sign language and the truth of Paul's words. Then share with them something that you see in them—something that makes them able to make a difference in the world. Encourage them to make a difference right now! (And in doing so, you'll be making a difference too!)

# Day 5

## How can you make a difference right now?

Look back on the prayer you prayed earlier this week. It's time to put feet—or hands, or voice—to those prayers! Pick one of the talents or resources you wrote down or illustrated on your coat of arms and put it into action to serve others.

Maybe you can:

1. Volunteer to read to younger kids at school...
2. Or perform music at a retirement community...
3. Or bake cookies for a friend who's going through a hard time...

Whatever you pick, consider taking a photo and sharing the experience with your small group or other group of friends—not to brag in any way, but to encourage them that they too can make a difference right now!





# Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

[illegible]October  
2021

Week Five  
Preteen



## Day 1

After watching, write one thing that:

Go to [bit.ly/SundaysAtHomePreteen](https://bit.ly/SundaysAtHomePreteen) and watch this week's episode of The So & So Show.

Even if you already saw it at church,  
feel free to check it out again!

**1. You liked:**

## 2. You learned:

### 3. You'd like to know:

## Day 2

---

### Read 1 Corinthians 12:12-27

As you read 1 Corinthians 12:12-27, underline each time you read the word 'body' and circle each specific body part that is named.

Then draw a picture of each body part that is mentioned. You can either do this in the margins of your Bible or on a separate sheet of paper.

Lastly, re-read verses 15-26 and then, on your drawing, circle the parts of the body that are more important than the others.

Trick question, right? Paul makes it very clear that just as no part of your physical body is more or less important—or is able to do a job that isn't theirs to do—the same is true of the body of Christ: that is, those of us who follow Jesus. Each of us has been given gifts that only we can do, and when we use them together, we make a great difference than working alone!



## Day 3

---

**When Paul was talking about the body in 1 Corinthians, he was using our physical bodies as a metaphor to the body of Christ, which just means those of us who follow Jesus.**

Today, you can use your body in a similar way as you pray and ask God to use you and your gifts. Start at the top of your head and ask God to use each part of you to make a difference. Here is an example, but personalize each part in parentheses based on the gifts you know God has given you! And don't forget to think about the ways that you can include others... using your gifts as a team always makes a bigger difference!

~~~~~

"Dear God, thank You for giving me the gift of being able to see (people who are in need or ways to improve systems or organize better). Help me to use my voice (to speak up for people who are overlooked or to speak kindness and encouragement to people who are struggling). Please guide me to use my hands (to serve meals or sort supplies at a shelter, to help a younger sibling with homework, etc.) Give me strength in my legs and help me move my feet (to meet the needs of others or do extra chores around the house). Thank You for all the ways that You have gifted me. Please help me use those gifts to work with others and make a difference in the world in Your Name. In Jesus' Name, we pray. Amen."

Day 4

Think back to that prayer you prayed yesterday.

Who came to mind when you thought of someone you could use your gifts to help? Who came to mind as someone who you could team up with to help others?

Dig a little deeper on both of those people: first, do some research to figure out what would be most helpful to the person in need. Maybe that means calling a local shelter to find out if there's an item they need or a volunteer service that would be helpful. Or maybe you ask your mom or dad what would be helpful to them above and beyond your regular chores.

Next, interview a couple of people who could help you make a difference in that situation. Think about others who have different gifts than you. Maybe you're really strong and fast, so physical labor is easy for you, but your best friend is really funny and doesn't meet a stranger: they might be a great partner for volunteering at the shelter. Or maybe you are good at planning meals, but your brother has great knife skills in the kitchen—you could come together to make dinner for your parents.

Today is all about the plans, so talk them up with others and figure out how **you can use your gifts together to make a greater difference.**



Day 5

What makes a great team?

It's time to put feet to those prayers and plans—not just lip service. (See what we did there?) What did you decide on yesterday with your friends and family? Make it happen today. But don't be afraid to invite others to join you either. The more people who join your team and contribute their gifts, the better!

After you've completed your project together, take a few minutes to celebrate the individuality of everyone who participated. Share with each other the way that each person's unique gifting made for a great team—and made a greater difference than if just one of you had done the task. Then talk about what's next... you can keep making a difference as a team!