

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!

SO & SO TOP 3

1.	You	liked:.			

2. You learned:	

პ.	You a	like to	know:	



Read John 3:16

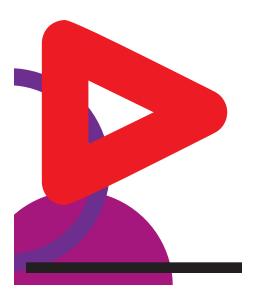
As you read John 3:16, underline these words: LOVED, GAVE, BELIVES, ETERNAL LIFE.

Next, pick one of the following ways to illustrate these words:

- → Draw a symbol or simple drawing that depicts each word
- Come up with a hand motion that represents each word
- ➤ Write a short poem or song with these words that conveys the message of John 3:16

It's no surprise that John 3:16 is one of the most famous Bible verses. John tells us how we can live forever with God: simply by trusting in Jesus as our Savior!

P.S. Hold on to your drawing or song—or jot down some notes on your hand motions so you don't forget them—as you'll use them later this week.



Day 3

Have you ever been walking or running and you saw something to the side that distracted you and you fell?

What is something you could use some confidence in today?

1.				
(1))			

Who is someone else you know who could use a boost of confidence today?

(2)	

What area could they use that confidence in?

(2)	
1.31	

Now transfer your answers to the numbered blanks below, and then pray the prayer out loud.

"Dear God, thank You for loving the world and me so much that You gave Your one and only Son. I'm thankful that anyone—including me—who puts their trust in Jesus can live with You forever. Knowing that You love me gives me confidence today that I can (1)_______. I know that (2) ________ also needs confidence to (3) _______, so help them remember today how much You love them. In Jesus' Name, I pray. amen."

Day 4

The truth that Jesus, God's only Son, came to earth to be our Savior is the best news EVER!

So find a friend or family member today to share that great news with. You can:

- → Show them your drawing from yesterday and explain each symbol
- → Recite John 3:16 for them while you teach them your hand motions
- Perform your poem or song for them

Then take a minute to share with each other why that verse gives you confidence!

You can be confident because God loves you.

Day 5

Why does Jesus matter?

Jesus matters because, not only is He the Son of God and the Savior of the world, but He also shows us how important we are to God! That means no matter what you face, you can be confident knowing that God loves you so much, He sent His Son to die for you!

God

Loves

Me.

Those three simple words can change how you see yourself and every situation that you face. Grab a sheet of paper and write out those words using fun fonts and different colors of markers or colored pencils. Then think about the area of your life where you most need confidence. School? Try taping the paper on the outside of a notebook you use often. Sports or music? Place the paper in your equipment bag or tape it inside your instrument case. Whenever you're feeling a little less-than or not up to the task, look at it and remember that when God sees you, He sees someone He created, someone who is loved, someone who matters.

Spend some time thinking about

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



Preteen

CONFIDENCE
LEARNING TO SEE
YOURSELF THE WAY
GOD SEES YOU

Day 1

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Read Joshua 5:13-6:20

As you read Joshua 5:13-6:20, circle all of the numbers you see. Then put a tally mark beside each number below for each time that number was mentioned.

6

Wow, that's a lot of numbers—God had a very specific and detailed plan! If He had this much planned for one week in the lives of the Israelites. can you imagine how much He has planned for every day of your life? And because you can trust God no matter what, you can trust that God's plan is the best plan!



What is something coming up in your life that you could use a plan for?

Take some time to talk to God about the situation and ask Him for help in figuring out His plan and following it. As you pray, march around your room—or even your house.

You may feel a little silly marching around, but as you do, think about how the Israelites may have felt, marching day after day, but never actually taking over the city until God told them to. But by trusting God's plan, they were able to defeat the city of Jericho!

Start out your prayer by thanking God for the example of Joshua and the Israelites to remind us that His plan is the best plan. Then talk to Him about what's going on in your life, ask Him to show you His plan and to give you the strength and courage to follow it.



King Solomon wrote this wisdom in Proverbs 19:21 (NIrV): "A person may have many plans in their heart. But the Lord's purpose wins out in the end."

Anyone who has been following God for any length of time has likely experienced a time when they had a plan, but then God revealed His plan, which turned out to be the very best plan of all. Hearing these stories gives us confidence that we too can trust God with our plans, so today, find 2-3 adults who follow God and interview them using the questions below.

- 1) Have you ever been surprised by God's plan?
- 2) If so, how did it turn out to be better than your plan?
- 3) How did following God's plan change how you lived with confidence?

You can email or text them for their answers. If you interview them in person, you can record their answers by writing them down, recording them with a voice memo app, or even filming them (with their permission). Then save their answers for tomorrow.



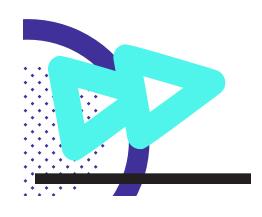
Day 5

When have you needed a plan?

You hopefully gathered a lot of wisdom yesterday from interviewing people. Keep the things you learned from your interviews in mind as you answer the questions below.

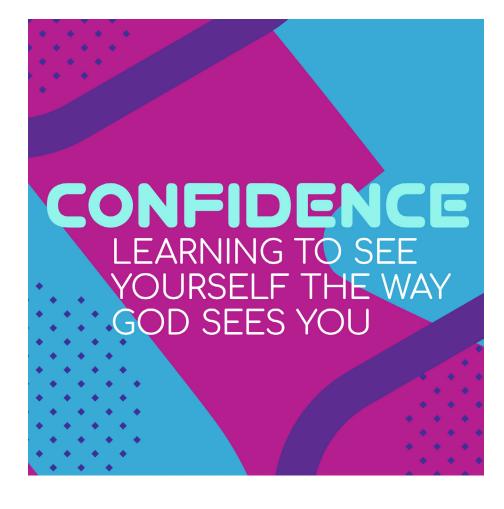
- → What do I need a plan for? What is my plan?
- → What can I do if things don't go according to my plan?
- → What do I think God's plan is (if you think it's different from your own)?
- → How can you begin today to follow God's plan?

Hang your game plan somewhere you will see it each morning as you seek to live out God's plan-the best plan!



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





Day 1

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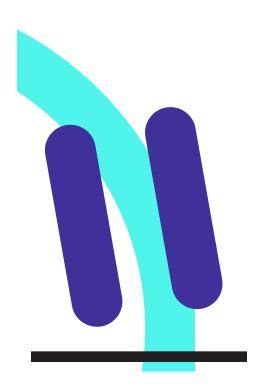
Read Judges 6-7:20

As you read the story of Gideon, put an asterisk (*) each time Gideon either seems afraid or insecure about how God can use him.

How many asterisks did you draw? Probably around five, right?

In writing, an asterisk is often used to indicate more information is found elsewhere. At the bottom of chapter 8, write another asterisk and beside it write, "God can use you no matter what."

Then read Gideon's story (Judges 6-7:20) one more time, and whenever you see an asterisk, instead of focusing on Gideon's fear, go down to the bottom and focus on the truth that "God can use you no matter what."



Day 3

Gideon didn't feel confident in his ability to do what God was calling him to do, but after he finally believed God could use him, he led the Israelites to victory!

There are a lot of voices in our heads that tell us we're not good enough, not strong enough, not smart enough, to do the things that God is calling us to do. The trick is to listen for God's voice above all the other ones.

When we think of praying, we usually think of talking to God. And that's super important. But sometimes we need to listen to God too! When we listen to Him, we'll hear Him telling us He is with us, He loves us, and He has a plan for us.

Take a few minutes today to sit in quiet and stillness before God. Start out by praying the short prayer below, and then be still and listen to hear what God might have to say to you.

"Dear God, thank You for using someone like Gideon, who didn't think he was able to do anything important. It shows me how You can use me for something amazing too! Please show me what I can do for You—and how I can do it with Your help."

Day 4

Find some "wool," aka, cotton balls in the bathroom.

Grab as many as you want. If you don't have cotton balls, tear off some sheets of toilet paper instead. It's up to you how many. Only after you've done this can you turn this upside down to read the rest of the directions.

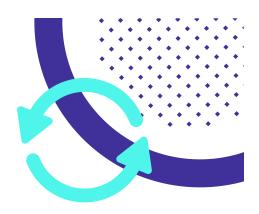
God has given you.

Ideally, get one idea from each person, but you can also ask each you have a high number. Be sure and jot down everything they say and save

gather today.

Ideas of what? Of ways that your friends and family think God can use you! They may have ideas based on some of the needs of people around you, or on some of the gifts and talents

Now, count how many cotton balls or squares of toilet paper you have. That's how many ideas you need to



Day 5

How could God use you?

Grab the list of ideas you rounded up from friends and family yesterday. Did you get any repeat ideas? Those might be good ones to pay special attention to! Do you see any suggestions match up your talents and gifts with needs around you?

Maybe someone pointed out how God made you funny, and you know your best friend is having a bad day, so God could use you to cheer them up.

Maybe someone noticed that there is a lot of trash on the ground in your community—and you happen to have a lot of really great friends. Time to call on them and lead everyone in a trash pick-up.

You may even figure out more than one way God can use you, and that's awesome! Write down all your ideas, and then get to work actually putting them into action this week! Then be sure and go back and share with the friends and family you interviewed yesterday about all the ways that God used you!



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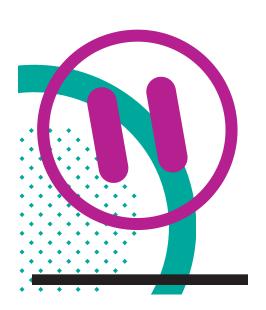
Read 1 Kings 18:1-2,16-46

God did something that is impossible to show the Israelites that He is the one true God. As you read 1 Kings 18:30-38, illustrate what you read on a separate piece of paper.

Here is an example of how you can break it down:

- **→** 1 Kings 18:30-32
- → 1Kings 18:33
- → 1Kings 18:34a
- **→** 1Kings 18:34b-35
- **→** 1Kings 18:36-37
- → 1Kings 18:38

It is amazing to think about all that water poured on the altar. You know, not exactly the best fire starter. And yet God sent fire down from heaven and burned it all up! God can do the impossible!



Day 3

You probably don't need God to send down fire from heaven today. But

But what in your life do you need God to do that seems impossible? Write it down in the blank below, and then take a few minutes to pray the prayer below, reminding yourself what God is capable of doing... anything!

"Dear God, I believe You can do the impossible. Not only did You call down fire from heaven to burn up a sacrifice on soaking wet wood, but You also parted the Red Sea so the Israelites could escape the Egyptians. And Jesus walked on water, and healed people, and even brought Lazarus back to life. And You created everything! There's nothing you can't do! Right now, it seems impossible that ______

But I know You can do the impossible. So please, God, show me what to do and help me to trust You to guide me through this seemingly impossible situation. In Jesus' Name, I pray, amen.

Day 4

Find a friend and quiz them on these "impossible" scenarios.

Is it possible or impossible to...

- → Fly (as a human)
- → Mix oil and water
- ⇒ Be in more than one place at once.
- → Read with your eyes shut.

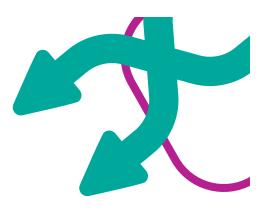
*Possible: If you're on the moon!

*Possible: If you shake them hard/long enough, they will. They will eventually separate again though.

*Possible: If you stand with your feet on either side of a state line.

*Possible: If you read Braille.

Take a couple of minutes to come up with your own list of things that seem impossible but really aren't. Then share with each other something God has done in your life that seemed impossible!



Day 5

What seems impossible to you?

Grab a glass or clear plastic container with a lid and add some oil and water to it. Watch as they separate.

Then, making sure the lid is secure, shake the container as hard as you can for a minute or two. You did what seems impossible: you got oil and water to mix!

Since you're not God, that oil and water is going to eventually separate. But God CAN do the impossible.

There might be some situations in your life that seem impossible. When things seem impossible, you have to trust God and believe that He is with you. He is always in control. Now, that doesn't mean He'll always do things the way we want Him to. But it does mean that when things seem impossible, you can trust that God is still with you and that He's still in control. He can make your impossible . . . possible!

Leave the oil and water out for a few days somewhere you can see it, and give it a shake when you walk by, reminding yourself that God can do the impossible!