

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

What are things you're expected to do?

Lined writing area for journaling.



Day 1

Go to Studio252.tv and watch this week's episode of The So & So Show.

Click on Fun2Watch! then The So & So Show.

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

SO & SO TOP 3

After watching, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:



Name

Parent Signature

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## Day 2

Read Matthew 22:36-40

There are a lot of rules, wisdom and important truths in the Bible—important things to live by, but it can also feel a little overwhelming! Thankfully, Jesus boiled everything we need to do down to two things: love God and love others!

If you have a phone or device, pull it out and try to translate as much of Matthew 22:37-39 into emojis as you can. Then text or email it to yourself so you will be reminded throughout the day of the two things you're expected to do.

If you don't have access to a device, or if you'd just like a fun challenge, try drawing the emojis. Then hang the verse somewhere you will see it often this week.

## Day 3

What are some of the reasons you love God?

What are some of the ways you can show love to God?

Who are some of the "others" in your life?

What are some of the ways you can show love to them?

Use what you wrote above to write a prayer, then read it out loud to God.

**Dear God,**

You are \_\_\_\_\_,

and I thank You for \_\_\_\_\_

\_\_\_\_\_. Help me to demonstrate my

love for You by \_\_\_\_\_

\_\_\_\_\_. Thank you for my friends and family,

especially \_\_\_\_\_.

Please help me show them Your love with

my actions, including \_\_\_\_\_

\_\_\_\_\_. In Jesus' Name, I pray.

**Amen.**

## Day 4

Check out what Paul wrote to Timothy in 1 Timothy 4:12.

"Don't let anyone look down on you because you are young. Set an example for the believers in what you say and in how you live. Also set an example in how you love and in what you believe." (NirV)

This is a great word for you too! You may be young, but you can be an example to everyone around you, young or old, in how to live out Jesus' command to love God and love others.

Go back and look at the list of "others" you made yesterday. Pick the oldest person and the youngest person on your list, and come up with one way you can show God's love to them. Maybe it's spending time reading with your grandparent or playing a board game with your little sister. Whatever it is, when you show them love with your actions, be sure and share God's love with them too. Tell them you were inspired by Jesus' words and wanted to love God by loving them!



## Day 5

Matthew 22:37-39 can be boiled down into four words.

**Love God. Love others.**

Copy these four words on to a separate paper. Decorate it to make it look more like you. Then cut it out and find a spot to put it where you will see it all the time: you could pin it to your backpack, put a tape roll on the back and make it like a sticker, or tape it to your bathroom mirror.

As you go throughout your days, whenever you're not sure what the right or responsible thing to do is, look at the situation through these words. Use these words to guide your decisions and inspire your actions.

What are things you're expected to do? Love God. Love others.

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



Five horizontal lines for journaling.

Eight horizontal lines for journaling.



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1. You liked: \_\_\_\_\_



2. You learned: \_\_\_\_\_



3. You'd like to know: \_\_\_\_\_



## Day 2

### Read Luke 12:16-21

The story Jesus was telling in this passage of Luke was a parable—a story He told to illustrate an important truth. After you read Luke 12:16-21, retell the story in your own words and in a modern-day situation that you can relate to. Replace the following words with something you can relate to (e.g., “rich man” becomes boy or girl, “land” becomes video game collection, etc.)

Man \_\_\_\_\_

Land \_\_\_\_\_

Produced a very large crop \_\_\_\_\_

Crops \_\_\_\_\_

Tear down my barns \_\_\_\_\_

Build bigger ones \_\_\_\_\_

Grain \_\_\_\_\_

Now read back through Luke 12:16-21, and when you read the words in the list above, substitute the words you wrote. Isn't it cool how the truth Jesus was illustrating in the story He told still comes through even when you update the story details?

## Day 3

### What are some of the reasons you love God?

Sometimes it's hard for us to share because we're just being selfish, but sometimes it's because we truly don't realize just how much we have to share! Start out by asking Him to show you what things you have more than you need. It could be material objects, like toys or clothes or shoes, or it could be more intangible things, like your time or talent. As you pray, walk around your room and house and take in all the things you have. Take a look in the mirror and ask God to show you what talents and experiences He's given you. After your “prayer walk,” take a minute to jot down anything God brings to your mind that you could share with others.

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Then ask God for help sharing what you have. You can use the sample prayer below or write your own.

**Dear God,** *thank You for meeting my needs, and also for giving me more than I need so I can bless others. I know I have enough \_\_\_\_\_ that I can share with others, but sometimes it's hard because \_\_\_\_\_.* Please help me to be responsible with what You've given me and to share it with others. In Jesus' Name, I pray, **Amen.**

## Day 4

### What do you have that you can share?

Sometimes we don't realize that we have more than we need, and it takes others pointing it out to show us what we have that we could be sharing with others. Find a friend or family member who knows you really well and ask them for help figuring out something you have that you can share with others. Remember the guidelines from yesterday—this doesn't have to be material objects, although it can be!

As you talk to your friend or family member, they too may realize they have things they can share with others. Together, make a plan for how you can share the things, time, talent, and expertise you have with others!



## Day 5

### Think back to days three and four—what thing(s) did you come up with that you know you could share with others?

Today you're going to make a plan to share on the regular. Fill in the blanks to make your plan.

What I will share:

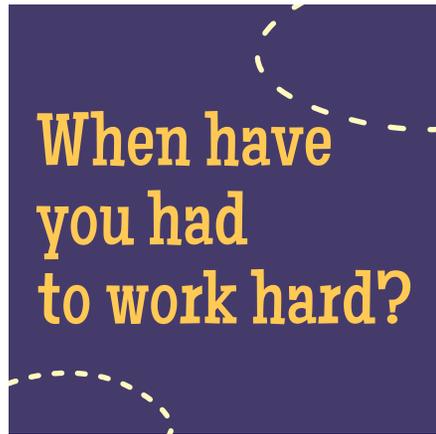
Who I will share it with:

When I will share it:

How I will share it:

Lastly, figure out how to remind yourself of your plan. If you're going to share your time by going to visit an elderly neighbor once a week, figure out a day and time that works for both of you and put it on the calendar. If you're going to give away gently used clothes or toys you have, set a reminder on your phone to do a cleanout once a month. Whatever you commit to share, make a plan and stick to it!

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Five horizontal lines for journaling.

Eight horizontal lines for journaling.



\_\_\_\_\_ Name

\_\_\_\_\_ Parent Signature

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## Day 2

### Read Proverbs 6:6-8

King Solomon, the wisest man who ever lived, tells us in Proverbs to consider the ant's ways to find wisdom.

Get a sheet of paper and draw an ant onto it. As you read Proverbs 6:6-8 again, write down some of the things Solomon mentions about the ant around the one you just drew. Then add to it anything else you know about ants and their hard work.

Hang your ant drawing somewhere you will see it this week, and start each day "considering the ant and its ways."

## Day 3

Look at the picture you drew yesterday and all the things you listed about the ant.

What can you learn about hard work and responsibility from these tiny creatures?

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Now think about an area of your life where you struggle to work as hard as you know you should. What would it look like to apply the characteristics of the ant to your situation? Talk to God about it, and ask Him for wisdom to help you know how you can work harder, the strength to work hard, and the responsibility to follow through.

## Day 4

### When have you had to work hard?

Find a friend or parent and ask them to step outside with you and find an ant. It shouldn't be too hard—there are over one million ants on earth for every single human! That's roughly 10,000,000,000,000,000 ants!

As you watch the ant hard at work, talk with each other about your observations. Share why it's sometimes really hard to work really hard. Ask your friend or parent about a time when they've had to work hard, and open up about one area in particular that you sometimes struggle to work as hard as you know you should. Come up with a plan for how you will work hard in that particular area this week, and ask your friend or parent to check back in with you in a few days to see how it's going and if you're following through.



## Day 5

### What is the hardest part about working hard for you?

Maybe you struggle with follow-through. Imagine how bad it would be for the ant if it stopped gathering food before getting enough for the winter!

Or maybe you have a hard time getting motivated to get started? Think of the ant lifting objects 50 times its weight—you can do this!

Figure out what your particular holdup is and come up with a plan to help you work hard like the ant.

| If you struggle with...     | Try...  |
|-----------------------------|---|
| Getting started             | → Setting an alarm                              |
| Following through           | → Breaking down the task into smaller steps     |
| When things get hard        | → Asking a friend to check in and encourage you |
| Completely finishing a task | → Giving yourself a reward for finishing        |

Circle the one or two things that are the hardest for you, and then take the action step (or come up with your own!). Repeat this process any time you have to do something hard, and before you know it, you'll be giving the ant a run for its money!

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Five horizontal lines for journaling.

Eight horizontal lines for journaling.



Two horizontal lines for 'Name' and 'Parent Signature'.

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Three numbered prompts with horizontal lines for answers: 1. You liked: 2. You learned: 3. You'd like to know:



## Day 2

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### Read Matthew 25:14-30

Today you're going to do a little math. In the space below, make a tick mark for every bag of gold mentioned in Matthew 25:14-30. How many total bags are there?

From seven bags of gold to 15, the rich man got richer. But that wasn't the point of the story Jesus told. Jesus was teaching His followers that those who are responsible with what they're given will be given more. But those who waste it will end up with nothing. And Jesus wasn't just talking about money but we'll get into that later. For now, if you have 15 tick marks on your paper, give yourself an A+.

## Day 3

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### God has given you so much!

From unique gifts and talents, to a place to live and people that take care of you, to beautiful sunsets, puppies and ice cream!

Before you can make the most of what He's given you, you first must start by recognizing all He's given you and thanking Him for it. For each category below, write at least one or two things that you're thankful for.

Talents I have:

Family members and friends I have:

Material possessions I have:

Experiences I've had:

Now take a minute to talk to God and thank Him for giving you those gifts, naming them as you pray. Then ask God to give you the wisdom and strength to make the most of each of them.

## Day 4

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Take the list you made yesterday of all the gifts that God has given you and share it with a trusted older friend or family member.

Ask them if there is anything they would add to it.

Now comes the hard part. Ask them if there's anything on the list that they see you not being responsible with—if there's something you've been given that you're not making the most of. Ask them for specific examples, and for advice on how you could use what you've been given in a more responsible way. Write down what they say so you can use it later.

It can be tough to hear when there are areas we haven't been super responsible, but taking personal inventory of how we're using our gifts is a great way to be responsible with them!



## Day 5

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### How can you use what you've been given?

Now that you've talked to both God and a trusted friend about the gifts you've been given and ways you can use them better, it's time to put it into action.

Write down the steps you've decided to take to make the most of your gifts. Maybe you'll practice your piano more, or run with your dad at the park to improve your time, or you'll use some of your allowance money to buy supplies for a lemonade stand (and even donate some of your profits to a worthy cause!) By the time you've finished, you'll have a lot more talents and made the most of the talents you have too!

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

Why do your words matter?

Journaling lines for the question 'Why do your words matter?'

Journaling lines for the question 'Why do your words matter?'



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## Day 2

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### Read Ephesians 4:29

Often when you hear about using your words carefully, you think about telling the truth. But God calls us to something even more when it comes to the words we use.

Read Ephesians 4:29 and make a list of the things your words should do.

- 1.
- 2.
- 3.

Put another way, this is a great way to “test” your words before you say them:

- Is it true?
- Is it helpful?
- Is it kind?

If you can’t answer yes to all three, the words likely shouldn’t be said. **Use your words wisely.**

## Day 3

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### Getting control of your tongue is not easy—it’s quite powerful!

Eight muscles make up your tongue—the only muscles in the human body that work independently of the skeleton. No matter how much you swallow, eat or talk, you probably have never felt your tongue getting tired—it’s a powerful force!

James, Jesus’ brother, put it this way in James 3:8: “But no one can tame the tongue. It is an evil thing that never rests. It is full of deadly poison.” (NIRV)

Thankfully, while no human can tame the tongue, there is One who can: God. Today, ask Him for help. Before you pray, think about the specific struggles you have with taming your tongue. Maybe you struggle with:

- Lying
- Meanness
- Sarcasm
- Complaining
- Gossiping
- Bad words
- Negativity
- Something else?

Circle the top 2-3 things you could use God’s help with when it comes to taming your tongue. Then take a few minutes pray, using this outline:

- 1) Thanking God for your tongue and the gift of talking
- 2) Confessing ways you’ve unwisely used your words
- 3) Asking God’s help to use your words wisely

## Day 4

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### Go back and look at the things you circled yesterday—the areas where you struggle the most using your words wisely.

Pick one to focus on today, and ask a friend or family member who will be around you a lot today to help you with accountability. So many times when we have bad habits of complaining or gossiping, we don’t even notice we’re doing it! Give your accountability partner free access to call you out whenever they hear you using your words unwisely. Pay attention to how much of the day you use your words wisely.

## Day 5

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### Why do your words matter?

Remember day 2, when we talked about putting your words to the test?

- Is it true?
- Is it helpful?
- Is it kind?

That’s because just like Paul reminds us in Ephesians 4:29, when you speak words that build others up, what you say will help them, not hurt them.

Ask your parent if you have three Band-Aids or pieces of tape you could use, and then grab a thin marker or pen. On each Band-Aid, write true, helpful and kind (one word per bandage). Then stick the Band-Aids somewhere you will see them often (your hand, your backpack, your notebook, your bathroom mirror) As you go throughout your day and see the Band-Aids, use it as a reminder to intentionally say something kind, truthful and helpful to the people around you.

Every time you say something true, helpful and kind, pay attention to how your words affect others. Maybe it encourages them on a bad day, or even heals the wounds that others have given them with unkind words. Notice how much your words matter, and **use your words wisely.**

