

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

How does practice help you?

Journal writing lines



Day 1

Go to bit.ly/SundaysAtHomePreteen 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

Day 2

Read 1 Corinthians 9:24-25.

After you read 1 Corinthians 9:24-25, go through the passage and replace as many words as you can with an emoji that represents that word. If you have a device nearby, you can type the passage into a notes app, or even text it to a friend. If you don't, write out the words and draw small, simple pictures to represent some of the words, like a running stick figure and a gold medal.

What did you use for "forever"? It's tricky to illustrate that word, isn't it? In fact, it's hard to even imagine what forever looks like, it's that mind-blowingly huge. But the journey we are on is leading us to forever with Jesus, so we need to keep our eye on the prize of spending eternity with Jesus as we hear from, pray to, talk about, and live for, God!



Day 3

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

It's easy to get distracted by the things around us and take our eyes off the road ahead. It can happen in our spiritual lives too. Instead of focusing on Jesus and following the plan He has for our lives, sometimes we get distracted by the things around us. Starting each day in prayer, asking God to help us stay focused on what's really important is a great way to keep practicing what matters most.

Fill in the blanks to this prayer, and then read it out loud as you talk to God.

"Dear God, thank You for sending Jesus to be our Savior, so that when we put our trust in Him, we can spend forever in heaven with You. Help me to remember that loving You and loving others is what I am supposed to live out, and that takes practice. Sometimes I get distracted by _____ and _____. Please help me to keep my eyes on You today and practice hearing from You. In Jesus' Name, I pray, amen."

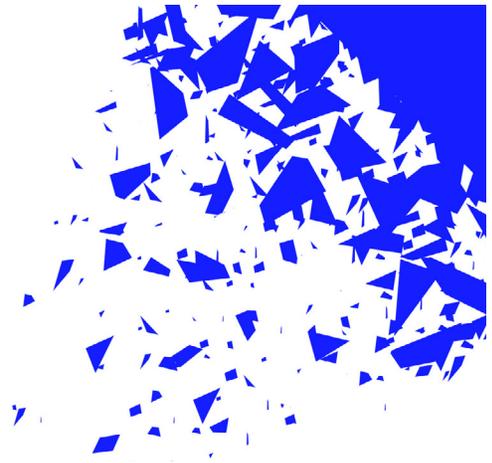
Day 4

Interview the people you live with—and you can also message or video chat with friends to interview them too—ask them these questions about practice.

Write down their answers.

- ➔ What is something you practice every day?
- ➔ What do you think you've spent the most time in your life practicing?
- ➔ What have you gotten better at through practice?
- ➔ Do you think faith takes practice? Why or why not?

Gather the answers from at least three people, and hold on to them until tomorrow.



Day 5

How does practice help you?

Take a few minutes to read through the answers you gathered yesterday about how and what your friends and family practice. Do you notice any common answers?

Here's something really cool about practice: it works! Unlike the common phrase, "practice makes perfect," **practicing your faith won't make you perfect, but it will draw you closer to God** and help you to live out what Jesus said is most important: to love God and love others.

Pick two things you will practice: one for "the life you are now living" (Maybe piano? Math? Soccer?) and one for "the life to come" (Maybe read God's word when you wake up and at bedtime? Practice praying at times more than just meals?). Commit to three days of practicing those two things, and then come back and share how you think your practice has helped you.



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How can you hear from God?

Journal lines for writing answers to the question.



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Name and Parent Signature lines.

Day 2

Read Matthew 7:24-29.

Gather up these items—or something similar—from around the house.

- A hammer or something you can safely use to strike another object
- A cookie/baking sheet or something you can safely strike without breaking (but that will make a loud sound!)
- Uncooked rice, beans, or other small objects
- A piece of aluminum foil
- A pitcher of water
- An empty glass
- Salt
- Bible

As you read through Matthew 7:24-29, use the objects to make sound effects representing the action in the story. You can experiment with it, but here are some ideas:

- Gently hit the cookie sheet with the hammer to make building sounds.
- Drop the rice/beans on the aluminum foil to make the sound of rain.
- Pour the water into the cup for the sound of the water rising.
- Pour salt on the aluminum foil for the sound of the sand.
- Making wind sounds by making an ‘o’ with your mouth and vocalizing while you blow.

After you do this once, round up as many family members as you can, and share this story with sound effects for them! Talk together about what you think Jesus means with this story.

Day 3

We think of praying as talking to God—and it is! But have you ever had a conversation with someone where only one person talked the whole time?

Today, try praying in a different way: by listening to what God might have to say to you. Here’s how you can practice: start out with the saying these words below to God, and then close your eyes and just listen.

“**Dear God**, thank You for wanting to speak to me. I know sometimes I’m too busy telling you what I think I need or what I want. Help me not miss the wisdom You want to share with me through Your Word and the Holy Spirit. In the next few minutes, please fill my mind and heart with Your truth and help me hear what You want to say to me.

Don’t worry—you won’t hear a heavenly voice booming out loud. But if you sit and listen . . .

You just might feel God’s love that He promised to offer us in His word. You might hear His creation—maybe the song of a bird, or your dog barking. You may recall the passage you read yesterday about the wise and foolish builder—or some other Bible verse you’ve read.

There’s a lot that God wants to communicate with us when we practice hearing what He has to say.

Day 4

Did you know that sometimes God talks to you through other people?

It’s true! Start out by surrounding yourself with people who are also following God by hearing what He has to say and putting it into action. Then you will find that the advice they share with you is wise, because it comes from hearing what God has to say in His word!

Reach out to someone today who you know practices hearing from God. It may be your small group leader, or a parent or grandparent, or maybe it’s even a friend your age. Talk with them about what God has been teaching them lately. Ask them to share a Bible verse that means a lot to them, and if there’s a book of the Bible they think you should read this month. Lastly, ask them to pray with you and for you—that you would hear from God each and every day.



Day 5

How can you hear from God?

There are so many ways you can hear from God!

- ➔ You can read His Word—the Bible.
- ➔ You can talk to Him and listen to what He might have to say to you through His Holy Spirit.
- ➔ You can talk to another friend who follows God too.
- ➔ You can listen to songs that teach truth about God.
- ➔ You can take a walk in nature and listen to God’s creation.

Pick one of these that you’ve tried before, and one that you haven’t. Over the next couple of days, practice hearing from God by using these ways you’ve chosen. You may discover a new way of hearing from God!

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

How do you pray to God?

Lined writing area for journaling.



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Name and Parent Signature fields with a starburst graphic.

Day 2

Read Luke 11:1-4.

Read Luke 11:1-4 silently first, then read just the prayer that Jesus prayed out loud.

There are different translations of the prayer Jesus prayed, and there are many different ways we can talk to God! Jesus was giving us a model—an example—of how we can pray. It's great if you want to memorize His prayer—after all, memorizing God's Word is a great way we can make sure we're hearing God! But remember that Jesus was teaching His disciples how to pray, not exactly what to pray, so feel free to get creative as you model your prayer after Jesus' example.

Day 3

Write out a prayer to God today that is modeled after the prayer Jesus gave His disciples in Luke 11.

“Father, may your name be honored.”

(Praise God by telling Him how great He is)

“May your kingdom come.”

(God's kingdom comes to earth when we love others in His name. Ask God to help you do that in a specific way!)

“Give us each day our daily bread.”

(God wants us to ask Him for what we need, as it shows we recognize Him as our provider. Ask God for something you need every day from Him.)

Forgive us our sins, as we also forgive everyone who sins against us.

(We can ask God for forgiveness when we mess up—and we can ask Him to help us forgive others too!)

“Keep us from falling into sin when we are tempted.”

(Ask God for wisdom to know the right thing, and the strength to actually do it. Be specific about a situation in your life.)

After you've written your prayer, pray it out loud. Then hang it up somewhere you can see it to remind you to practice praying to God.

Day 4

Praying with others is a great way to practice praying to God.

If you've never prayed out loud with others, it can be a little intimidating at first, but like all things, it gets easier with practice!

Find another person who you know prays to God, and ask them if they would pray with you. Take the prayer you wrote out on day 3, and before you pray together, share it with them and explain the different parts of your prayer.

As each of you takes turn praying, use your model prayer as a guide—not reading it word for word as you did on day 3, but following the general model of praising God, asking for help bring His kingdom to earth by showing love to others, sharing your needs, asking for forgiveness, and asking for wisdom and strength to make the wise choice.

Day 5

How do you pray to God?

Where and when do you usually pray? Maybe your family says the same blessing each night over dinner, or maybe you have memorized a prayer you say before bed. Those are great times and ways to pray! Did you know you can pray anytime, and anywhere, saying anything?

In each of the lists below, underline the places you have prayed to God, the times you've prayed, and the things you've asked for.

BEDROOM	HELP
SCHOOL	HEALING
SHOWER	BEDTIME
WISDOM	SPORT PRACTICE
TAKING A TEST	STRENGTH
CHURCH	SUCCESS

Now, go back and circle some places and times where you've never prayed, and things you've never prayed for. Today, make a point to pray in some of those spaces and for some of those things. Tomorrow, pick a few new combos. Mix it up! It may feel a little strange to pray this way, but with practice, you'll find that talking to God wherever you are and no matter what you are doing, comes naturally!



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

Who can you talk to about God?

Journal lines for writing answers to the question.



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Name and Parent Signature lines.

Day 2

Read Matthew 16:13–20

As you read Matthew 16:13–20, underline all of the different names mentioned.

Now go back and circle the names that are given for Jesus that are correct.

Lastly, find the word that Jesus uses to describe Simon Peter. (Hint: You find it in nature.)

There are a lot of different names and descriptions in this conversation that took place between Jesus and the disciples—it can get a little confusing! But that’s one reason it’s important to **practice talking about God**. We can learn a lot through our conversations with each other about God!

Day 3

Do you have people in your life with whom you can practice talking about God?

It could be a friend at church, your parent or caregiver, your small group leader, or even your brother or sister. If you do, write their name here:

Do you have time set aside where you can practice talking about God? Maybe it’s at bedtime, or at church? If you do, write it here:

Now, talk to God about talking to God. If you were able to write down people and places where you can practice talking about God, make your prayer a prayer of gratitude—thanking God for the people in your life that point you to Him, and for the opportunities He gives you to live out commitment to Him. Ask Him to continue to guide you as you practice talking about Him.

If you didn’t have people or places you could write down, ask God for help. Ask Him to put people in your life who can help you practice talking about God. And ask Him to show you where are some natural places for you to practice talking about God. Close your prayer by asking Him for courage and wisdom as you commit to talking about Him more.

Day 4

Sometimes it’s intimidating to talk about God with others because you think you don’t know enough.

Maybe you’re worried someone will ask you questions that you don’t know the answer to. The good news is no one knows everything about God. He is so powerful and wonderful that it’s impossible for us as humans to understand everything about Him. In fact, a lot of the questions you have, your friends and family may have to.

So today, **practice talking about God** by finding someone else who follows Jesus and talking about one of the common questions below. As you talk, you may not discover the answer, but you will likely learn something about God and each other—and next time, maybe you will find it even easier to talk about God with others.

- ➔ What do you think God looks like?
- ➔ What is your favorite story from the Bible?
- ➔ Why do bad things happen to good people?
- ➔ Why should we go to church?
- ➔ What is your favorite Bible verse?
- ➔ Does God answer our prayers?

Day 5

Who can you talk to about God?

A couple of days ago, you prayed for God to provide opportunities to practice talking about Him. Today, you get to seek out those opportunities and make the most of them.

Write out a quick schedule of your day. You don’t need times, just places and people.

Next, figure out what you can talk about with those people in those places. Here are some ideas:

- ➔ Ask them how you can pray for them
- ➔ Share with them what you are learning about commitment
- ➔ Ask them if they’ve been learning anything about God
- ➔ Share your favorite Bible verse
- ➔ Invite them to go to church if they don’t already

Next, figure out a way to remind yourself to practice talking about God according to the plan you’ve made. You could write the letters TALK ABT GOD on each of your fingers. You can set reminders on your phone or device.

Lastly, see it through! Live out commitment by putting your plan into action! Look for places and people where you can practice talking about God, and get to talking!



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How can you live for God?

Journal lines for writing answers to the question.



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Day 2

Read Mark 12:41-44

As you read Mark 12:41-44, imagine that you are one of the disciples. If you saw people putting large amounts of money into the offering boxes, and one woman putting in only two copper coins, be honest: whose gift would you say was worth more?

Most of us would say the larger gifts were worth more, right? Jesus went on to explain to His followers that it wasn't what the woman gave that was important—it was what she kept for herself: nothing. This woman gave everything she had, because she was putting her trust in God. She was living for Him—total commitment.

Day 3

What is the nicest thing you own?

Or the talent you have that you're the proudest of? Or the friendship that means the most to you? Write your answer(s) in the first blank below.

Now, imagine yourself standing at the offering box and offering that thing, that talent, that relationship to God. This doesn't mean that you won't have it anymore, but just that you'll recognize that God has given you this gift to use for Him. Finish filling in the blanks in the prayer below, and then pray it out loud to tell God you're committing to live for Him.

“Dear God, thank You for the gift of _____ . I know that you have given me this [item/talent/friendship], and I am very thankful. Help me to use this [item/talent/friendship] to show others your love. Please give me the strength to follow through and to continue practice living for You. Amen.

It is not easy to live out commitment like the poor woman did in Mark 12. It definitely takes practice. And thankfully, we're not doing it alone. Daily, ask God for help, and as you practice living for God, you'll find it gets easier to keep your mind focused on Him which will help you live for Him!

Day 4

Practice living for God.

There are so many ways to practice living for God. There may be some things that come more naturally for you, and other things that take a lot of practice. You may be a pretty patient person, but you struggle with being generous to others. Or maybe you have no trouble sharing, but you often lose your temper.

Sometimes it's hard for us to see our own blind spots—the places where we might need a little practice. That's why it's good we live in community. Your family, your close friends, even your small group leader or teacher can probably see an area where you could use a little extra practice. Today, you're going to do a little research to find out which area of your life you're like the poor widow, giving your all, and which area you could use a little more practice.

Find one person you really trust—someone who will be truthful with you, but also kind and loving. Then ask them these two questions:

- ➔ What is one way you see me living for God?
- ➔ What is one area you think I might need a little practice living for God?

As you process what your trusted friend shares with you, remember, we all need practice living for God each and every day. Just keep practicing, and you'll soon find it becomes more natural to live for God!



Day 5

How can you live for God?

Have you ever wondered what it means to really live for God? Thankfully, Jesus Himself told us exactly what it looks like:

Love God
Love others

That means anytime you have to make a decision about the wise thing to do, you just need to ask yourself this question: **“Does this show love to God and to others?”**

Grab a blank sheet of paper and write this out using creative lettering. Use markers, colored pencils, stickers, whatever you'd like, to make it fun. (If designing something on the computer and printing it is more your style, that works too!)

Now hang the question somewhere you will see it every single day. And maybe even write it in your school notebook and put another copy in your sports equipment bag or your backpack. If you ask yourself these questions, it will help keep your mind on God. It will help you think about how Jesus lived and loved others. It will help you **practice living for God.**

