

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



Journaling lines consisting of horizontal dotted lines for writing.



Day 1

After watching, write one thing that:



1. You liked:

2. You learned:

3. You'd like to know:

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!



Name \_\_\_\_\_

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

## Day 2

### Read Matthew 22:34-40

Have you ever noticed that sometimes when you're reading the Bible, there are different Scripture references in parentheses? This is because the writer is referencing something that was previously mentioned in Scripture—usually it's a New Testament passage that is a quote from the Old Testament.

This is what is happening in Matthew 22:34-40. Jesus Himself is quoting some of the laws from the Old Testament as He answers the religious leader. That shows you just how important these passages are—that God gave us these truths twice!

Go back and look up the original passages Jesus is quoting: Deuteronomy 6:5 and Leviticus 19:18. Do you see any differences in them from Matthew 22:33-40?

## Day 3

### Re-read the passage from yesterday, specifically Matthew 22:37 and 39.

Take a minute to reflect on which of these commands is the hardest for you to follow. Then ask God to help you with that by personalizing the prayer below.

Dear God, thank You for loving me and show me what love looks like when You sent Jesus to be our Savior. I want to love like You do.

(Choose one or both)

Help me to love You with all of my heart and soul and mind.

Help me to love other people like I love myself—and like You love me.

And at the end of the day, help me to love You by loving others. In Jesus' Name, I pray, amen.

## Day 4

### Love God by loving others.

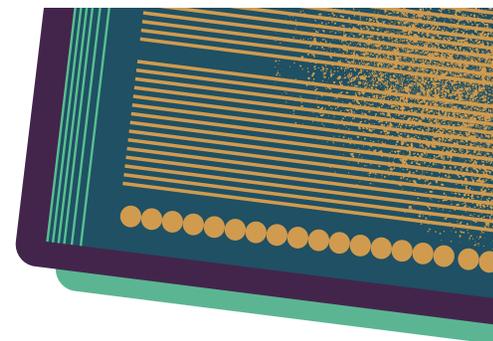
We throw around the word “love” a lot in our world, don't we?

- ▶ I love your shirt!
- ▶ I love ice cream!
- ▶ I love sleeping in!

And, of course, many of the things we say we love, we probably do. But the kind of love Jesus was talking about in Matthew 22:33-40 definitely goes beyond your obsessions with cookies and cream fro-yo.

Get a small notebook and a pen to keep in your pocket today. All day today, pay attention to how many times you hear the word “love”—both coming out of your own mouth, or from others saying it. Keep a running tally of how many times you hear it, and also include on the paper what or who each person said they love.

Then take a couple of minutes to reflect on what you've written down—ideally with a parent, small group leader, or someone else who loves God. Talk about what kinds of things people say they love, what different kinds of love you think there are, and what it means to show the kind of love God shows us.



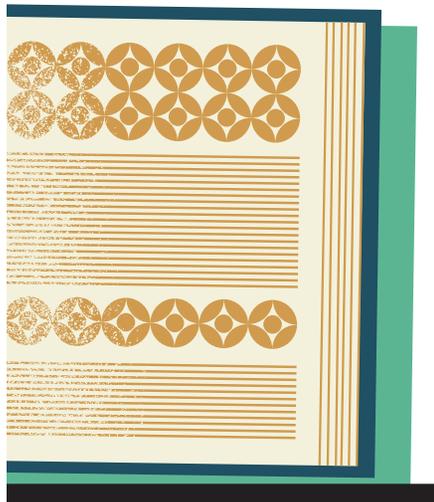
## Day 5

### What do you love?

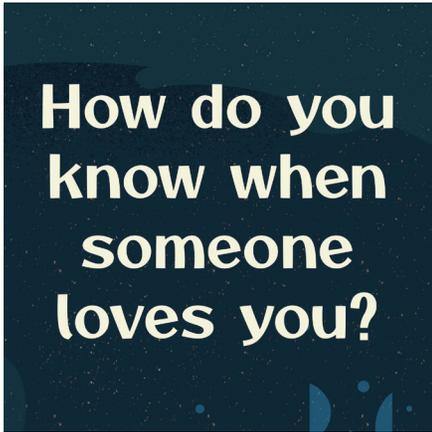
Make a family “Love Board” this week that everyone can add to. It can be a dry erase board if you have one not in use—or it can simply be a piece of paper you hang with a pen on the refrigerator or in another common space. At the top of the board or paper write in big letters, “What do you love?”

Then ask your family to join you in contributing to the board all week. Ask them to write down anything they love (and you do it too!). It might be people, it might be things, it might be activities, or it could be kind things they see other people doing. Anything that they love is eligible for the board.

Ask everyone to either use a different color pen or marker for writing down the things they love or to sign their initial beside each thing they write down. You will need this information next week, so be sure and hold on to the paper or board when the week is up!



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



A series of horizontal dotted lines for journaling.



Day 1

After watching, write one thing that:



1. You liked:

2. You learned:

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

3. You'd like to know:

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



\_\_\_\_\_  
Name

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

## Day 2

---

### Read Genesis 1-2

Find a way to illustrate creation as it is described in Genesis 1-2. You can pull out a device and tell the story with emojis. You can draw tiny outline illustrations/doodles in your Bible next to each part of creation as it's described. You can grab a sheet of paper and finger paints and do an abstract piece of art. Whatever way you choose to represent what you read, be sure that love is conveyed in your art, especially when people enter God's creation.



## Day 3

---

**Think about some times you have felt loved by the way someone cared for you, including the way God has cared for you.**

Then personalize this prayer based on those situations, thanking God for loving you and the love of others.

~~~~~

Dear God, thank You for all the ways  
You have shown me that I matter. I  
especially felt loved when .....  
..... And thank You for  
giving me friends/family like .....  
..... who showed  
love to me when .....  
..... Thank You for showing me  
how loved I am by the way You take  
care of me and send others to take  
care of me too. Please help me to take  
care of others the way You created me  
to. In Jesus' Name, I pray, amen.

## Day 4

---

**God made us to take care of each other.**

Yesterday you thanked God for loving you. Now it's time to thank someone else for the way they love you. Think back to your prayer from yesterday—who did you thank God for? What did they do that made you feel loved? How can you show them gratitude? Maybe you can simply tell them how their kindness made you feel loved. Or you can write them a letter, make them a card, shoot them a text, or send them an email? Or maybe you can send them a small gift for their favorite ice cream shop? Make sure you're specific about how they made you feel loved!

## Day 5

---

**How do you know when someone loves you?**

One way you know someone loves you is when they do something personal for you—something they know you really enjoy, or something that meets a need or desire of yours.

~~~~~

Find the paper or board from last week where everyone wrote down things they love. For each person in your family, select one thing they wrote down and make that happen for them today or tomorrow. It might be a special food or beverage they enjoy, or it could be a game you could play with them, or an activity you could go do together. Be intentional with each member of your family by taking care of them in a way that really shows them how much you love them!



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

Who has loved you even when you've messed up?

Journal writing lines for the question 'Who has loved you even when you've messed up?'



Day 1

After watching, write one thing that:



1. You liked:

2. You learned:

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

3. You'd like to know:

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



Name

Parent Signature

## Day 2

---

### Read Genesis 3

Before you read Genesis 3 today, number these events in the order that you remember them happening.

- \_\_\_ God told Eve that giving birth to children would be painful.
- \_\_\_ Adam and Eve hid from God.
- \_\_\_ God told Adam he would work hard.
- \_\_\_ Adam took a bite of the fruit of the tree in the middle of the garden.
- \_\_\_ The serpent approached Eve and tempted her to eat the fruit.
- \_\_\_ God told Adam and Eve they must not eat from the tree in the middle of the garden.
- \_\_\_ Adam and Eve made themselves clothes from fig leaves.
- \_\_\_ Eve took a bite of the fruit of the tree in the middle of the garden.

~~~~~

Now go back and read the passage and check your work. How did you do? This is likely a familiar story for you, and it may be one that makes you a little sad. But here's the great news! This is just the first book in the Bible, and it's the very beginning of the story of God's love for us. There is so much more to come that will show you the truth that God loves us no matter what.



## Day 3

---

**There's bad news: We all mess up.**

There's GREAT news: **God loves us no matter what.**

Head somewhere in your house where you feel loved. Maybe it's the kitchen table because someone in your family takes time to make delicious food to feed you every day. Or maybe it's your bed because your dad talks to you about your day before tucking you in at night. Or it could be your backyard because that's where your mom throws the ball with you. Wherever it is, go there and take minute to thank God for loving you. You might remember a time when you messed up recently. Talk to God about that and express gratitude for a love that never stops, no matter what you do! How does it make you feel to be loved no matter what? Talk to God about it and soak up all the love offered to you every day!

## Day 4

---

**Who do you know that needs to know the truth that God loves them no matter what?**

It could be a friend or family member who's really messed up lately.. Think of a way you can express God's love to that person. It could be a text message or a handwritten note in the mail, or even an email or voice mail. You don't have to say a lot, but just let the person know that you believe that **God loves them no matter what**, and you thought they should know that!



## Day 5

---

**Who has loved you even when you've messed up?**

We know for sure that God loves us no matter what! We've seen that throughout time—God even chose to send Jesus to be our Savior after we humans messed up big time! Our love for each other isn't perfect like God's love, but God has given us the Holy Spirit that can help us show love no matter what to the people in our lives.

Think about someone who has shown you love no matter what you've done. It might be a parent, or a grandparent, or even a best friend or small group leader. What did they do to show you that love? How can you extend that same unconditional love to someone else today?

~~~~~

Pick one of the options below, or write in your own idea, and then put it in action to spread to others that amazing love that God offers us!

- Make cookies for your friend who hurt your feelings
- Forgive your brother or sister if they've recently broken or lost something of yours
- Speak kindly to your parent even if you think they're wrong
- Play ball with your neighbor even though they sometimes make you mad
- .....

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



A series of horizontal dotted lines for journaling, starting from the purple box and extending across the page.



Day 1

After watching, write one thing that:



1. You liked:

2. You learned:

3. You'd like to know:

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!



\_\_\_\_\_  
Name

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

## Day 2

---

Read Genesis 12:1-9, 15:1-6

As you read through Genesis 12:1-9, 15:1-6, circle every time God reveals part of the plan for Abraham—and for the world through Abraham! (Hint: Look for “I will” phrases.)

There are a lot of things circled in this short passage, aren't there? And this is just a hint of the incredible plan God has to show love to the world—a plan we see clearly unfolding when God sent Jesus to be our Savior.

God has a plan to make things right. That's true no matter what's going on in your life or in the world. We can see God's hand at work even now, still revealing more and more of the plan to show love to the world!

## Day 3

---

Today, make a plan to practice praying “flash prayers” to God throughout the day.

A flash prayer is when you say a quick prayer—you might not even stop what you're doing, but you just take a few seconds to talk to God. Flash prayers are often prayers for others, so today focus on God's love and how you can show that to others. It might look like thanking God for your parents and praying for a great day. It could be praying for your friend who told you they're super stressed about a test they have today. You can pray for your teacher who's out sick.

If you think it will help, draw a flash of lightning on your hand to remind you to put your plan to say flash prayers to God throughout the day!



## Day 4

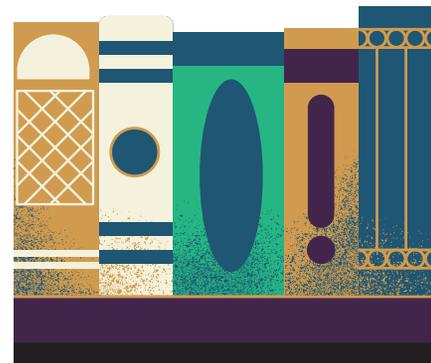
---

God has a plan to show love to the world, and as someone who follows God, you are a part of that plan!

Today, use your words today to show God's love to others. Think about these things as you go throughout your day:

- 1) What you say
- 2) How you say it
- 3) Why you say it

In other words, make sure you are showing God's love by saying kind things in a respectful way, showing others how much they matter to you. And when you do this, you get to be a part of God's plan to show love to the world!



## Day 5

---

When have you made a plan?

It's so cool that God invites us to show love to the world. And guess what? We can invite others into that plan too! Today, invite your family and any close friends you'd like to involve to a planning session. Your mission: Show others they matter to God and to you!

Here are some ideas for your plan:

- o Think of someone in your neighborhood who needs help with something: yard work, grocery shopping, house cleaning
- o Volunteer in your community at a food bank
- o Find out what it takes to adopt a section of a road for your group to pick up trash and keep clean
- o Collect items from around your house that you can donate to someone in need
- o Have a bake sale or lemonade stand and donate the proceeds to a non-profit you love
- o Other idea

Now what? Figure out the details! Get a sheet of paper and write down the following headers—then make your plan. **[What, Who, Steps, Supplies, Deadlines, Anything else]**

Now that you've got your plan, put it into action! And don't forget the final step: “Debrief and Dessert!” Set a date to come together and celebrate how you go to be a part of God's plan to show love to the world!