Journal

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

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BRING THIS BACK NEXT WEEK!

Name

Parent Signature

April 2023

Week One
Preteen

Day 1

Watch this week's episode of The So & So Show by going to: https://bit.ly/PreteenSundaysatHome

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

After watching, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

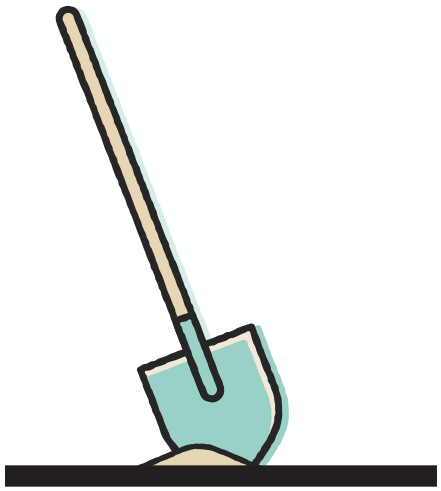
Day 2

Read John 12:9-16; John 13:1-17

As you read through the two separate passages, draw a crown every time you see a word or passage that could refer to Jesus as a king,

Next, every time you read about Jesus doing something that a king wouldn't really do, draw a crown with an X through it.

Jesus is the King, but instead of demanding He be treated like a king, Jesus put others first. He showed us what true humility looks like!



Day 3

Jesus came to earth to be our King and Savior, but He also came to show us how to live out God's love.

Jesus gives us the truest, most perfect example of humility. Take a couple of minutes to ask God for help following in the way of Jesus.

"Dear God, thank You for sending Jesus to die on the cross for us and be our Savior. Thank You for His example of true humility, too, in humbling Himself to come to earth as a baby, live like we do, serve others, and then give up His life for us. I want to follow Jesus and put others first, but I need Your help. Please help me to remember the example that Jesus gave us and put others before myself. In Jesus' Name, I pray. Amen."

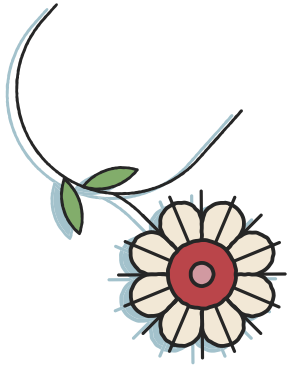
Day 4

Sometimes we don't even realize people have put us first because they do it behind-the-scenes.

Maybe it's your dad who wakes up early to make the family a hot breakfast before school and work, or your neighbor who sometimes mows your family's yard. The next time your family is all together—whether at a meal, at bedtime, or in the car, ask everyone this question:

When has someone put you first?

If you realize there is someone who has been putting you first that you've never thanked, take some time to do that today!



Day 5

Get a sheet of paper (bonus points if you have green construction paper) and draw a large palm frond.

If you're using white paper, color the frond green. Then cut it out.

Next, take off your shoe and sock and trace your own foot. Cut out your footprint. Inside the foot tracing, write the words of Philippians 2:3. "Don't do anything only to get ahead. Don't do it because you are proud. Instead, be humble. Value others more than yourselves."

Find a place to hang the palm frond and the foot tracing to remind you that you're the child of the King, but also how that King washed the feet of others. Jesus put others first, and you can too.

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2. You learned:

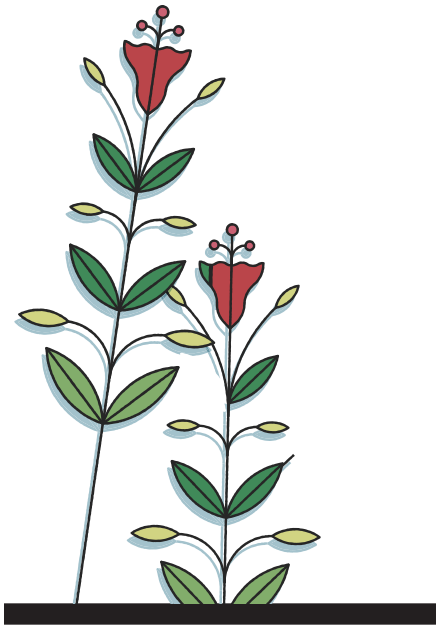
3. You'd like to know:

Day 2

Read John 20:1-23

As you read through John 20:1-23, think about all the emotions that everyone was likely experiencing as they began to realize that Jesus was alive. Draw emojis that match those feelings on a separate piece of paper. Then without looking at your Bible, use the emojis to retell the story to someone else.

In most cases, you were using clues from the story to make an educated guess about people's emotions, but in verse 20, John comes right out and says it: "The disciples were very happy when they saw the Lord." Jesus is alive, and that is a reason to celebrate!



Day 3

One way you can celebrate that Jesus is alive is by talking to God.

That's right—thanking God for sending Jesus to be our Savior is the perfect way to start—or continue—celebrating that Jesus is alive! Personalize this prayer below and read it out loud.

"Dear God, thank You for sending Your only Son—not just to live like us, but to die for us. I am so thankful that I can celebrate because Jesus is alive, and that His resurrection means I can live with You forever! Easter is such a great day, but I know that Easter is more than just one day. Please help me to celebrate this amazing news all the time and share it with others too! In Jesus' Name, I pray. Amen."

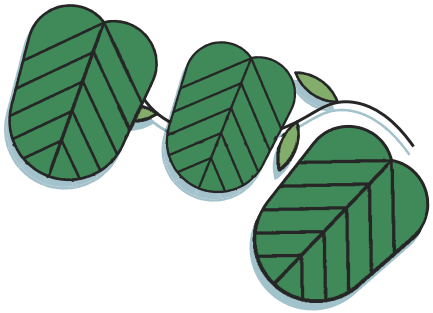
Day 4

There are lots of ways to celebrate that Jesus is alive, and it can be fun to hear other people's traditions.

Pick three people and ask them these questions:

1. How do you celebrate Easter?
2. How do you specifically celebrate that Jesus is alive?
3. What was your favorite part of Easter this year?

Look through all of their answers. Are there any ideas that you think your family might like to incorporate into your family's celebrations next Easter? If so, share them with your family at dinner or bedtime!



Day 5

Celebrate because Jesus is alive.

Now that Easter is over, how can you keep celebrating? After all, Jesus is still alive!

Unscramble the words below to reveal some of the ways you can keep celebrating because Jesus is alive. Then circle your top two favorite ideas and put them into practice this week!

IGNS IOSWPHR SSGNO

_____

EVOL ESOHTR LEKI SUJES

_____

TUP HEROTS FTSRI

_____

OG OT HHUCRC

_____

VIETNI OEHTRS OT CUHRHC

_____

EGT OT ONKW SJEUS TBETRE

_____

(Sing worship songs, love others like Jesus, put others first, go to church, invite others to church, get to know Jesus better)

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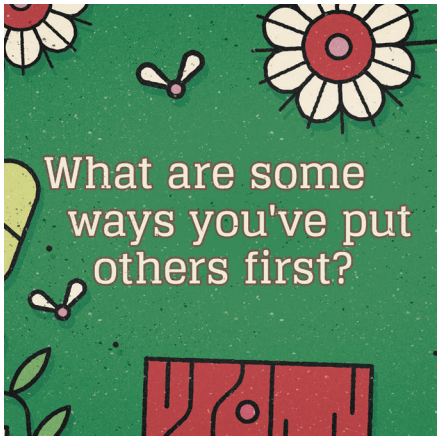

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April 2023

Week Three
Preteen

Day 1

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3. You'd like to know:

A Devotional on Humility.

FOR AN everyday faith.

Day 2

Read Philippians 2:3-8

As you read verses 3-4, grab a sheet of paper and make a T-chart like the one below. Write what you should or shouldn't do under the correct column.

DON'T	DO

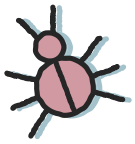
Thankfully, the Bible isn't just a list of 'do's and 'don'ts. The Bible helps us know how to follow Jesus. As you continue reading verses 5-8, use what you learn to fill in the blanks below with the correct math term on the right.

Jesus is __ with God. ∞

Jesus made Himself _. =

He was humble and obeyed God _. >

Death on a cross _ He died. O



Answer key: =, O, ∞, >

Day 3

Putting others first and being like Jesus sounds great, but also a bit intimidating.

How do we pull this off? Thankfully we're not alone! We can ask God for help as we grow more and more like Jesus every day.
What do you find is the hardest thing for you as you grow in humility? Write that in the blank of the following prayer, then read the prayer out loud to God, asking for help as you live out humility.

"Dear God, thank You so much for putting me first by sending Your very own Son to save me. I am in awe of Jesus' humility. I want to follow Jesus and put others first, but it's not easy. Please help me to rely on You throughout the day for help in putting others first. I especially need help

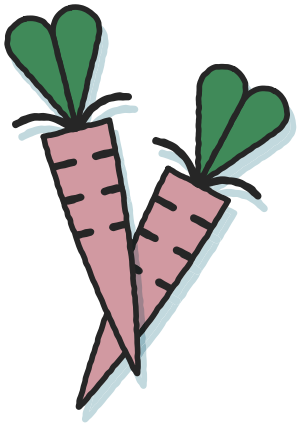
_____

In Jesus' Name, I pray. Amen."

Day 4

Think of someone you know who is humble—someone who is always putting others first.

It might be one of your parents, your Small Group Leader, or even a friend your age. Reach out to them and ask their advice on living with humility. Ask them **"What are some ways you've put others first?",** and take notes as they answer. Circle one of the things they shared with you and then go and do it!



Day 5

Put others first because Jesus put you first.

If we're going to put others first like Jesus did, it seems important to know HOW Jesus did that. We can look at His life and see how He lived out humility.

Thinking about what you know about how Jesus lived and what Jesus taught, try to fill in the blanks.

Jesus talked to ___ ___ ___ first.

Jesus spent ___ ___ ___ ___ with the overlooked.

Give in ___ ___ ___ ___ ___ ___. (Hint: Shhh)

Do ___ ___ ___ ___ than what is required.

Think about how you can live out humility this week like Jesus did: maybe you can spend time with a younger sibling who often feels left out, do an extra chore without being asked, leave a piece of Easter candy on your teacher's desk (without a note!) and start each day talking to God, asking for help living out humility.

Once you have your plan in place, live it out! And be sure and come back and check off each idea as you accomplish it!

(God, time, secret, more)

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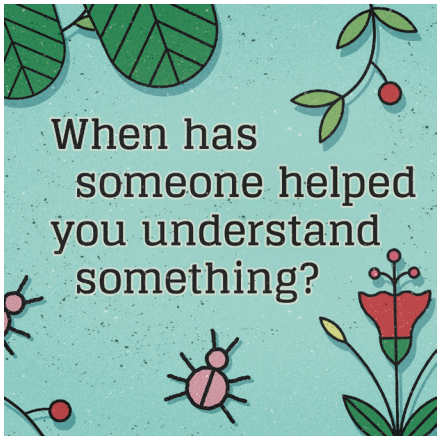

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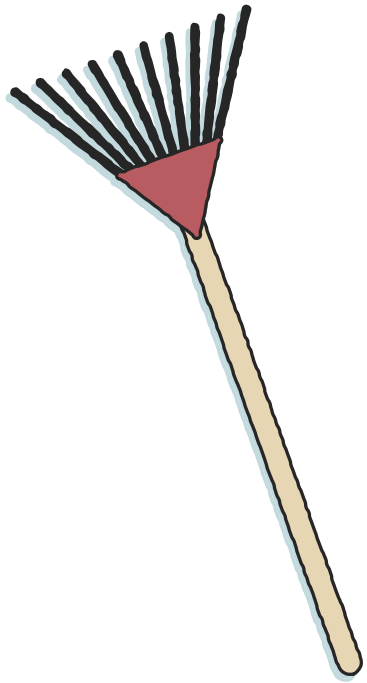
Day 2

Read Luke 24:13-35

As you read Luke 24:13-35, stand up and act out the movements that the disciples and Jesus make (e.g., walking, standing still, etc.).

Verse 26 is the real turning point in this passage as Jesus took time to explain to Cleopas and his friend everything that had happened. The men were so hungry for understanding that they begged Jesus to stay with them and teach them more.

But it doesn't stop there, because when Jesus disappeared, they didn't keep all they had learned to themselves—instead Luke tells us that the men immediately went and shared the good news that Jesus was alive to the disciples and explained all that had happened.



Day 3

What is something you don't understand about God or God's plan?

There's nothing wrong with not understanding—God wants us to ask questions. That's a great way we can get to know God better.

Fill in the blanks of this prayer with your answer and ask God to help you understand and bring others into your life who can help you understand too.

"Dear God, sometimes it's so hard to understand what You are doing in the world. I am struggling to understand _____.

Please help me understand, and to trust You even when I don't. Please bring others into my life who can help me understand. Please open my eyes to Your truth and help me put others first by helping them understand more about You. In Jesus' Name, I pray. Amen."

Day 4

When has someone helped you understand something?

Who is someone who has helped you understand something? Write someone's name in each of the blanks.

Someone who has helped me understand how to play a sport/learn an instrument:

_____

Someone who has helped me understand more about God:

_____

Someone who has helped me understand a school subject I needed help with:

_____

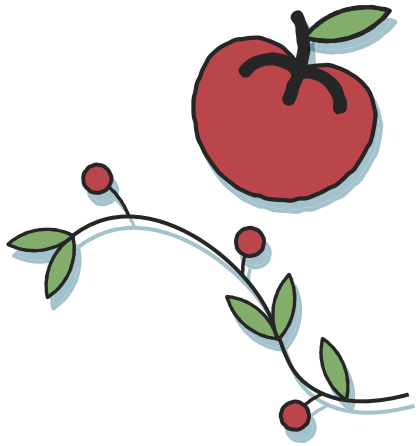
Someone who has helped me understand what Jesus did for me:

_____

Someone who has helped me understand what I should do in a hard situation:

_____

Now circle two of the names and take time today to thank them for putting you first by helping you understand.



Day 5

Put others first by helping them understand.

What are some things you are naturally good at understanding? Make a list of the things that you think you understand well.

Maybe you are a math whiz. . .

Or perhaps you speak a second language. . .

Or maybe you're good at baking or cooking. . .

Or maybe technology comes pretty easy to you. . .

Now make a list of people who might need your help understanding one of these things. Maybe your younger sibling could use some help with homework, or your grandparent needs help setting up their new computer. Think about ways you can put others first by helping them understand.

Pick at least one person you can offer help to this week.

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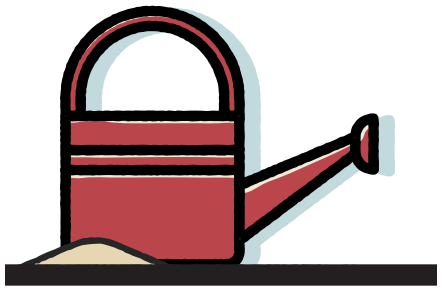
Day 2

Read John 21:15–19

As you read John 21:15-19, count how many times Jesus asks Peter if he loves Him, putting a number beside each one.

Underline what Jesus' response is each time. What is Jesus inviting Peter to do?

Jesus commands Peter to follow Him and invites Peter to lead others to Jesus—and in doing so, Jesus is also making things right between them. Jesus showed Peter that He loved him no matter what by making things right.



Day 3

Is there someone you need to make things right with?

Or someone that you sometimes struggle to get along with. Write their initials here: _____.

As you prepare to make things right with that person, ask God for help. You can use the following outline to help you pray, or just talk to God on your own.

1) Thank God for modeling what it means to make things right by sending Jesus

2) Thank God for the example from Jesus' life of making things right

3) Tell God what is going on in the situation with your friend/peer/family member

4) Ask God for wisdom on how to make things right with this person

5) Ask God for the courage to take the first step to make things right

6) Ask God to help you put the needs of others before your own

Day 4

Put others first by making things right.

When Jesus made things right with Peter, it took a few steps. First Jesus called out to Peter and told him how to fill up their nets with fish. Then after sharing a meal together, Jesus reached out to Peter, starting a conversation that would ultimately end in restoration of Jesus and Peter's relationship.

Think back to who you prayed for yesterday. Have you already taken a step toward making things right? If not, make today the day. Reach out to the person and arrange a time to talk. Talk through what's been going on, and take the first step toward making things right.

(If talking with that person isn't an option, instead reach out to a trusted friend you can confide in about the situation. Brainstorm together what you might be able to do to make things right.)

Day 5

When is it hard to make things right?

There are times it's harder than others to make things right, especially when we don't feel like we did anything wrong. There also may be times that the other person isn't willing to meet you in the middle. It can feel like trying to erase something from a whiteboard, only to find it was written with permanent marker.

You've hopefully taken the first step toward making things right with someone, but as you continue following after Jesus, you can keep growing in humility. Find an eraser—it can be a pencil eraser or a dry erase one. Figure out a place to keep the eraser for the next few days where you will see it often. Any time you see the eraser, remember that even when it's hard, you can **put others first by making things right.**