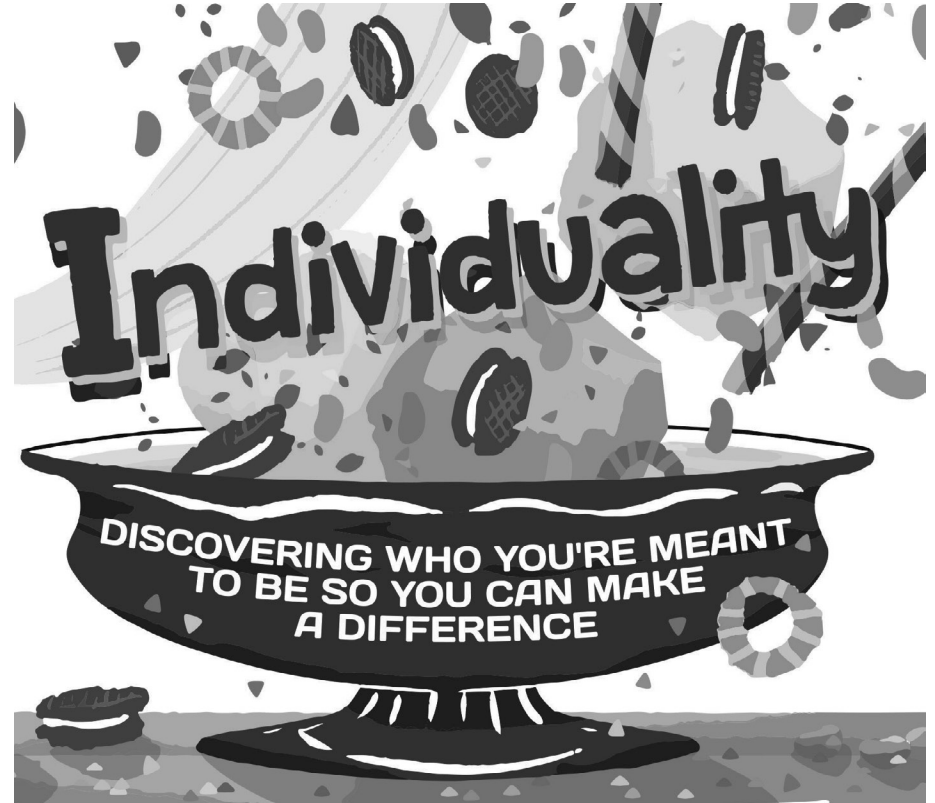


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Series of horizontal dotted lines for journaling.



Day 1

After watching, write one thing that:

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!

1. You liked:

2. You learned:

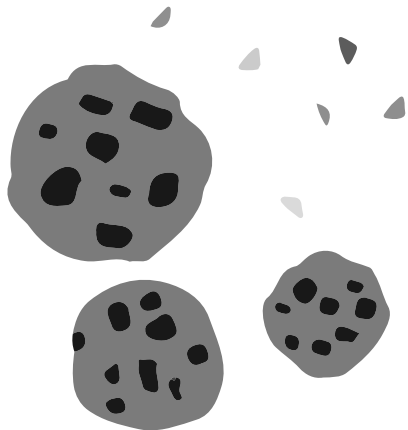
3. You'd like to know:

Day 2

Read 1 Timothy 4:12

Try your hand at interpreting the message behind 1 Timothy 4:12 in American Sign Language. Learn each word listed below through video lessons at www.handspeak.com! Practice the correct hand signs with a friend or parent this week.

Don't
allow
anyone
to disdain you
because
you are
young.
Become
an example
to people.



Day 3

Are you wondering how you can make a difference right now?

If you made the coat of arms last week, grab that. If not, take a minute to think through some of your talents, skills, and resources and write them down. Then look at the coat of arms or your list and pray through it, asking God to help you to use these gifts and experiences you've had to make a difference in the lives of people around you.

Dear God, You have given me the gift of

.....

Please help me to use that to help
..... with

.....

Close your prayer asking God to give you the courage to make a difference right now!

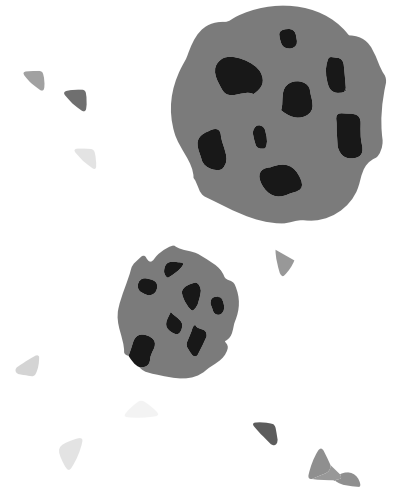
Day 4

It's great to talk to people who are older than you, or who have been following Jesus longer than you have.

But did you ever think about the fact that you are that person for people who are younger than you? Or for friends who maybe haven't been following Jesus as long as you have?

Today you're going to "talk" to others who are younger than you—or who perhaps haven't been following Jesus as long as you have—using the interpretation of 1 Timothy 4:12 in ASL that you learned earlier this week.

Start by teaching them the sign language and the truth of Paul's words. Then share with them something that you see in them—something that makes them able to make a difference in the world. Encourage them to make a difference right now! (And in doing so, you'll be making a difference too!)



Day 5

How can you make a difference right now?

Look back on the prayer you prayed earlier this week. It's time to put feet—or hands, or voice—to those prayers! Pick one of the talents or resources you wrote down or illustrated on your coat of arms and put it into action to serve others.

Maybe you can:

1. Volunteer to read to younger kids at school...
2. Or perform music at a retirement community...
3. Or bake cookies for a friend who's going through a hard time...

Whatever you pick, consider taking a photo and sharing the experience with your small group or other group of friends—not to brag in any way, but to encourage them that they too can make a difference right now!