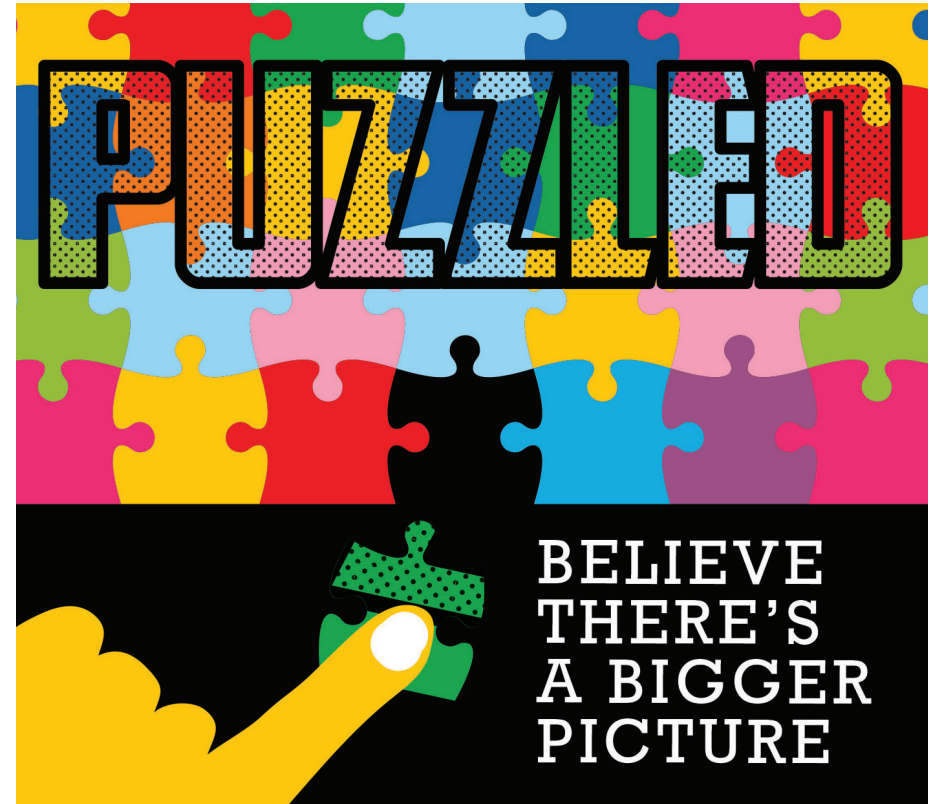


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



A series of horizontal dotted lines for journaling, starting from the top of the page and extending down to the bottom of the page.



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 John 11:1-45

There are a lot of emotional reactions to the events that unfold in John 11. From worry, to confusion, to sadness and even anger, the people around Jesus—and even Jesus Himself—felt a lot of things as Lazarus fell ill and then died. John, who wrote this account, shares some of the emotions, but in some cases, we can just imagine how we might have reacted.

As you read through the passages, draw an emoji beside each verse that you feel like represents what that person might have been feeling at the time. If there's not an emoji that represents that emotion (like “hopeful”), you can either make one up or write the word instead.

It was understandable for Lazarus' family and friends to be sad that he had died, but verses 43-45 remind us just how powerful God is—and that something good can come out of something bad!

Day 3

When you think about it, anytime you pray, you're remembering how powerful God is.

Whether you're thanking God for all the good things He has done, or you're asking Him for help with a situation you're facing, by turning to God, you're recognizing His power in the world and in your life.

What is a situation you are in where you need to remember God's power? Personalize this prayer to ask God for help with something you're going through and then pray it out loud.

Dear God, You know that (describe your situation). Please help me (describe what you need help with). I know that You have overcome the world, so please help me be encouraged and to have hope. In Jesus' Name, I pray, amen.

Day 4

Whatever happens, remember how powerful God is.

When bad things happen, sometimes we forget that our all-powerful God is with us—and always has been. So, it can be helpful to keep a list of all the ways we've seen God's power at work in our lives and in the lives of those around us.

Get a sheet of paper and a pen and find 4-5 people who can share a story from their lives of God's power at work. (You can also call, text or email people if you need more examples!) Write down a short summary of each example you hear, and then hang the paper somewhere in your room where you can see it and be reminded of God's power when bad things happen!

Day 5

How do you react when bad things happen?

Grab a sheet of paper and some colored pencils, markers or crayons. Make 2-3 rows of 3-4 circles. (You can also look for a small circular object that you can trace if you'd like to make more exact circles!) Then make each circle an emotion. You can use the colors to make things even more obvious (like red for angry, green for envious, etc.).

Below the circles, write out the words to John 16:33b. (*In this world you will have trouble. But be encouraged! I have won the battle over the world. John 16:33b, NIV*)

Take the paper, plus a pencil with an eraser into the kitchen and hang your drawing on the refrigerator (or anywhere with magnets), and put the pencil nearby. Each day, check in with your emotions—how are you feeling and reacting when things happen? Circle how you feel. It's totally fine to feel any of the emotions, but before you walk away, read John 16:33 and remind yourself how powerful God is. That truth should leave you feeling hope more than any other emotion!

