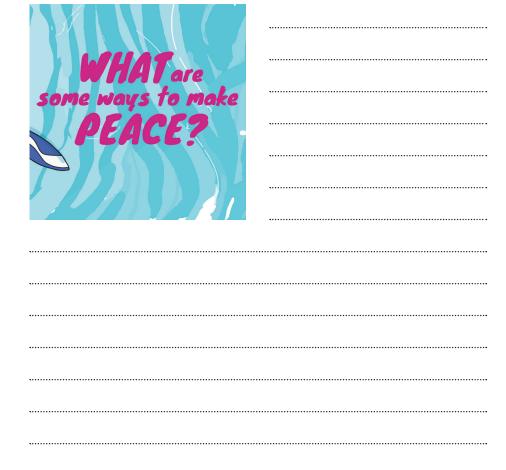
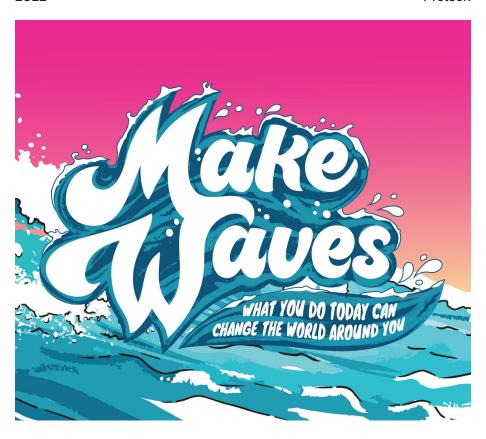
Journal

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



June 2022



Day 1

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!

After watching, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read 1 Samuel 25:2-27. 32-35

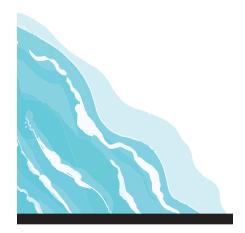
Before you read 1 Samuel 25, gather up a few things:

- ☐ Four action figures, dolls, stuffed animals, etc. (to be Nabal, David, Abigail, and servant)
- As many stuffed animals as you have (to be the sheep and the donkey)
- ☐ Several snack items (bonus points if you have raisin cakes or figs!)

Read 1 Samuel 25:2-27, 32-35 out loud and use the items you gathered to act out the story.

David was understandably angry. But he got so angry that he was ready to go to war with Nabal—he wanted revenge!

But Abigail stepped in and made a difference. She made what could have been a really bad situation better by helping David see things in a different way. Abigail helped make a wave of peace that saved a lot of people's lives!



Day 3

There are three types of people in the story of Abigail's intervention: Nabal, who does something wrong and makes David mad; David, who is furious and wants revenge; and Abigail, who seeks out a way to make peace.

Think about the most recent argument you were a part of. Which role did you play in the situation? Which role do you wish you had played? Think about most arguments and fights around you... are you more often like Nabal, David, or Abigail?

Take some time to ask God to help you be an Abigail—finding ways to help others make peace.

Dear God, I want to help others make peace. I know that sometimes I can be like Nabal, being unkind or impatient, and sometimes I can be like David, frustrated and angry when others are unkind. But I want to be more like Abigail, helping others make peace. Please show me how to do that, even when it's hard. Please give me the patience, kindness, and even creativity to help others make peace. In Jesus' Name, I pray. Amen.

Day 4

You can help others make peace, but it does take some creativity, ingenuity, and thoughtfulness!

And sometimes, it takes the help of others to even know what to do in a tricky situation.

So today, lean on the help of family and friends to come up with a list of ways you can help others make peace. Get a sheet of paper and a pen and go around asking others to help you brainstorm ways you can make peace and help others make peace. You can ask anyone who lives with you, your neighbors, kids on your swim team... you can also text or message friends and family to ask them for ideas.

Write each idea on its own line on the paper with space around each idea so you can cut it up later.

Save the list—you'll need it tomorrow!



Day 5

What are some ways to make peace?

Go find the following items from somewhere around your house:

- A dollar bill (or coins)
- A toy sword or a plastic knife
- A small gift bag

Remembering the story you read earlier this week, the money represents someone like Nabal, who is only thinking of themselves and what they want, and they don't care if they hurt others in the process of getting what they want.

The toy sword or plastic knife represents someone like David—someone who has been hurt by someone like Nabal and wants revenge.

And the gift bag represents someone like Abigail—someone who uses their gifts, talents, and resources to help others make peace.

Now put the money and sword/knife back... you're not going to need those!

Instead, pull out the list you made yesterday with the help of your family and friends. Cut the list into strips and place them into the gift bag. Hang the gift bag somewhere nearby to remind you to help others make peace. And if you get stuck and aren't sure how to do it, draw one or more strips of paper out for inspiration!