

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 below the 'WHAT FEELS OUT OF CONTROL?' graphic and extending down 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 Exodus 14:8–29

As you read through Exodus 14, after every sentence or two, stand in front of a mirror and make an expression that you think represents the emotion the Israelites must have felt at that moment.

There is a lot of back and forth—a lot of extreme emotions—isn't there? Things must have really felt out of control for Moses and the Israelites.

But God was in control, and He would save them. Moses stood strong in the face of fear and trusted God with the outcome. No matter how out of control things felt, God was in control.

Day 3

Water is such a powerful force—carving valleys and shaping the land as it goes.

It's amazing to think about the strength required to actually hold back the Red Sea so the Israelites could walk through!

But water is also healing. It can bring peace and calm to chaos. Having a bad day? Take a shower! Feeling stressed? Wash your face and drink a glass of water.

Today, plan to do your prayer time during your daily shower or bath. Use this time to talk to God about something that feels out of control in your life. As you feel the water, imagine what it must have been like to see God part the Red Sea, and thank God for being in control even when life feels chaotic. Ask God to show His strength in your life as He did for the Israelites in parting the Red Sea and saving them from the Egyptians!



Day 4

Sometimes when things feel out of control, listening to music can calm us down and remind us to hold on because God is still in control.

Today, do some research on what songs would be good to listen to when you need grit to keep going. Start by going to a few people who you know have refused to give up when life gets hard. Ask them what song reminds them that God is in control and inspires them to keep going. Start a list of what others say. Then look online to find some other songs to add to the list. (Searching terms like “encouraging worship songs” or “God is in control worship songs” might be a good start!)

Keep your list for tomorrow!

Day 5

What feels out of control?

Look at the list you made of encouraging songs. Wouldn't it be great to have this encouragement accessible anytime you're struggling with that feeling of chaos?

Make a playlist using whatever service your family uses for music (you may need to ask a parent for help). It could be Apple® Music, Spotify®, Amazon® Music, or even YouTube®. On the playlist, add all the songs on the list you made yesterday. Give your playlist a title that you will remember, like “Help for Hard Times” or “Grit Growers.”

You don't have to wait for a hard day to spin that playlist. Build up your grit reserves by listening for a bit every day. It will help you remember that whatever you face that day, you can **hold on because God is still in control.**

