

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.



Day 1

After watching, write one thing that:

Go to [bit.ly/SundaysAtHomePreteen](https://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:

A series of horizontal dotted lines for writing answers to the reflection questions.

## Day 2

Read Luke 5:1-11, 27-32

As you read through Luke 5:1-11, 27-32, underline the group of people who were likely assumed to be the followers of God's Son.

Then circle the names of the men who were **actually** Jesus' followers.

The fishermen and the tax collector were not the types of people that others would have expected to play such a big part in Jesus' story. And yet, Jesus included them! Jesus chose to include people who others overlooked. It was from these unlikely people that Jesus chose His closest friends—His disciples.

Jesus wasn't worried about collecting the "right" followers or popular friends. Instead, He included everyone. He chose to spend His time with people who saw how much they needed Him—instead of people like the religious leaders who thought they were too important to need help.



## Day 3

Including others isn't hard, but it's also not always easy—or at least, it requires a bit of courage.

Thankfully, God is always with us to give us that courage to include others. All we have to do is ask!

Use the prompts below to write out a prayer. Pray the prayer out loud, asking God to help you have the courage to **include people who are left out.**

"Dear God, thank You for . . .

Help us show others . . .

Help us include. . .

In Jesus' Name, we pray. Amen."



## Day 4

From Jesus' life and teachings, we know that one way we can show others they are important is by including people who are left out.

Sometimes the people who are left out are really obvious—like the new kid who sits by himself at lunch—but sometimes it takes going through our day with our eyes wide open, looking for others who might be feeling left out. When you do find them, it doesn't take much to talk to them in a way that makes them feel included!

Who can you talk to today to make them feel included? Circle all of the ideas below that you think you can do this week to make others feel included.

- Greet the crossing guard or bus driver
- Ask your teacher how her day is going
- Put down your phone or device and talk to the person next to you
- Invite the new kid at lunch to sit with you
- Take a screen-free afternoon and spend time with a younger brother or sister
- Thank someone who helps you, like the cafeteria worker or mail worker
- Invite someone in your neighborhood (who you don't usually hang out with) over to play a game
- Other: \_\_\_\_\_

## Day 5



Hopefully you learned a lot from your day of intentionally including others—like how easy it is to do, and how much joy it can bring you.

But showing others they are important by what you say and do isn't a one-and-done situation. We need to choose to **include people who are left out every chance we get!**

Sometimes this is harder than others, especially when the person being left out is someone (including you) everyone finds annoying.

Think about who that person is in your life—someone you find it hard to include. Write their initials here: \_\_\_\_\_

Now make a plan to start slowly including this person, such as,

1. P<sup>R</sup>aying for them
2. Gre<sup>E</sup>ting them
3. Asking a que<sup>S</sup>tion about their life
4. Inviting them to P<sup>L</sup>ay with your friends
5. Inviting th<sup>E</sup>m to sit with you
6. Ex<sup>C</sup>hanging phone numbers
7. Inviting them T<sup>O</sup> your house

You may not make it all the way to step 7 with this person, but see how far you can go. And maybe you'll end up with a new friend! The next time you see someone who is overlooked, add their initials and start the RESPECT process all over!