

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 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 Matthew 5:43-44

After you've read Matthew 5:43-44, rewrite the verses using only emojis. You don't have to have an emoji for every word, but just try to convey the message Jesus was sharing with emojis. You can draw this out or type this on a notes app on a device. Maybe even send it as a text to a parent and ask them to give their best guess of what it says!

Day 3

If you're wondering what "loving your enemy" looks like, Jesus gave us a tangible way in the second part of Matthew 5:44:

"Pray for those who hurt you."

Talk about going against the norm. Can you imagine anything harder than praying for someone who has hurt you? But that's exactly what Jesus wants us to do.

If you're struggling to get started praying for someone who has hurt you, try personalizing this prayer and then reading it out loud.

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Dear God, thank You for sending Jesus to be my Savior, but also to teach me how to live. I want to follow His example of showing respect to others even when we don't get along, but that can be really, really hard. You know that I especially struggle with showing respect to \_\_\_\_\_ because of how they \_\_\_\_\_

\_\_\_\_\_

I want to grow more like You in loving and respecting others even when we don't get along. Please help me respect \_\_\_\_\_, and if there's anything causing them pain, please bring peace and comfort. In Jesus' Name, we pray. Amen.



## Day 4

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What does it look like to show respect even when you don't get along?

Or more accurately, what does it sound like?

Sometimes it sounds like choosing respectful words, even when others don't. It might sound like:

- ▀ Speaking with patience, even when someone is angry.
- ▀ Refusing to call names, even when someone is name-calling you.
- ▀ Saying kind things behind someone's back, even when someone is saying mean things about you.
- ▀ Changing the subject when you hear someone making fun of someone.

All day long, look for opportunities to show respect with your words and actions, even when someone is hard to get along with.



## Day 5

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When is it hard to get along with someone?

For most of us, there's probably no harder time to get along with others than when we're with our families. Even though we love our family members, it can be hard to show them they are important to us with what we say and do. But even when we can't get along all the time, we can choose to show respect.

Ask your parents if you can create a "Respect Jar." For the rest of the month, every time your mom or dad sees you choosing respectful words or actions, they can put something in the jar. Maybe it's a quarter, an M&M, or some other small reward. At the end of the month, you'll see how respectful you were, and you'll have a fun treat too!