

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 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 Luke 10:38-42

After you read through Luke 10:38-42, draw lines from each woman's name to the phrases that match her actions.

Mary

Martha

Welcomed Jesus

Worried

Sitting at Jesus' feet

Busy

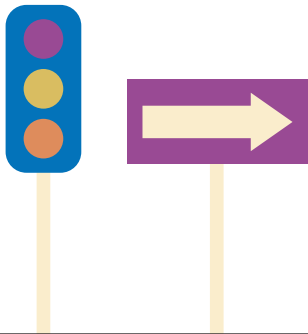
Many things

Listening to Jesus

Chose better

Complained to Jesus

Martha wasn't wrong for doing things for her special guest. It's just that in doing all the things, she was forgetting the most important thing—spending time with Jesus!



Day 3

There are many things we can spend our time doing, and most of them aren't bad things—in fact, many of them are good things!

But despite all that we have and want to do, we still must **take time to show others they are important.**

What are the things that sometimes distract you from taking time to show God, your family, and your friends that they are important? Personalize the prayer below by filling in some of the things that can compete for your time—remember to include the things you have to do as well as the things you want to do.

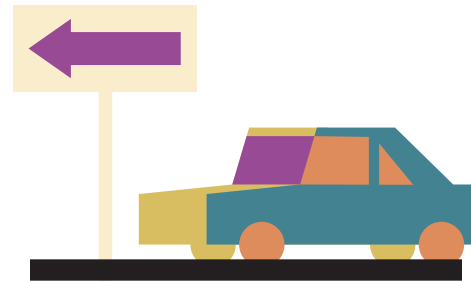
Dear God, I know that spending time with You and taking time to show others they are important is the most important thing for me to do. But there are so many things I have to do like _____, _____, and _____. And there are things I also like to do, like _____, _____, and _____. I know these are good things too, but I want to be sure I still **take time to show others they are important.** Please give me wisdom on how to spend my days, and give me discipline to follow through. In Jesus' Name, I pray. Amen.

Day 4

How has someone shown you you're important?

There are so many ways to show someone they are important to you, but everybody has something(s) that really hit different when it comes to respect. For some people, having a friend reach out and suggest a hangout makes them feel super respected. For others, when people say really kind things, it makes them feel important and loved.

Today, try making a Respect Reference—a guide that will remind you how many of the people you care about feel most respected. Grab a sheet of paper and label it “Respect Reference.” Then write the names of people who you respect and you want to make sure they know it. Lastly, go interview them. Start by asking them **how has someone shown you you're important?** If they can't think of an example, you can suggest things like: spending time with you, saying encouraging things to you, helping you with tasks, etc. Write down their answer beside their name, and save it for tomorrow!



Day 5

There's no better way to show someone they're important to you than by offering them the gift of time.

Think of someone who you know enjoys spending time with you. If you get stuck, refer back to your Respect Reference from yesterday and choose something someone mentioned that makes them feel important to you. Put it into action today. And remember to refer back to your Respect Reference sheet often to show others they're important to you!