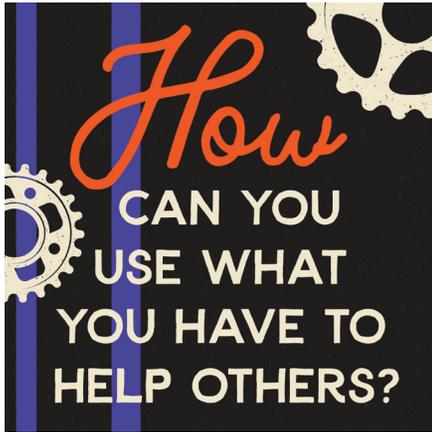


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the first question.



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 2 Corinthians 8:1-5

As you read 2 Corinthians 8:1-5, every time you read about how the churches in Macedonia gave something to others, circle it.

You have a lot of circles in these five verses, don't you??

The crazy thing is, these people had suffered a great deal, and they were very poor. But still, they gave.

If the Macedonians could give freely to others, **you can always use what you have to help someone else.**



Day 3

Sometimes we get so focused on what we don't have that we don't realize how much we do have that we could give to help others.

Personalize the words in this prayer and then pray it out loud, asking God to show you ways you can use what you have to help someone else. (P.S. Need help figuring out what to put in the blanks? Look back at what you talked about/wrote about last week that is good in your life!)



“Dear God, thank You for all
that You have given me, including
.....
and

Even though there are still things
that I might think I need, I know
that You have given me all that
I need when it comes to
.....

Please show me how I can use my
(talents, resources, time) to share
.....
with

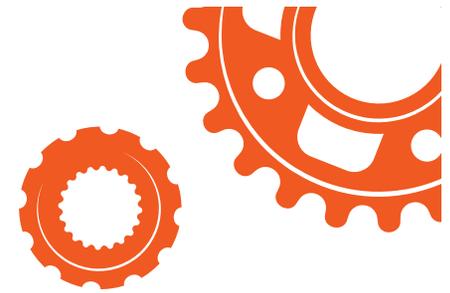
I want to help others and show them
the love and care You've shown me! In
Jesus' Name, I pray. Amen.”

Day 4

Today, use your words—something you have plenty of!—to help others. Here are some ideas:

1. Call a grandparent or other elderly relative or friend and check in on them. Tell them about your day and ask them about theirs!
2. Thank at least three people (be specific about what you're thankful for!)
3. Talk to God about someone in your life who is in need—and then let that person know you prayed for them!
4. Give your sibling—or a younger friend who maybe sometimes annoys you—a heartfelt compliment.

If you're feeling extra, pick 2-3 and be super generous with those words of yours. . . after all, you have unlimited words, and **you can always use what you have to help someone else.**



Day 5

How can you use what you have to help others?

It may seem a little catawampus . . . if I think I don't have enough, I should. . . give something away?? But it's amazing how your attitude will shift when you choose to use what you have to help others. Suddenly your eyes will be opened to just how much you actually do have!

Today, instead of giving out of what you have plenty of, try an extra-big challenge of giving something away that maybe you think you don't have enough of, or that you struggle with being content with. . . like, maybe today, you take what's left of your Halloween candy and hand it out to the little kids in your neighborhood (with a parent's permission). Or if you're feeling too busy and stressed, instead of sitting down to play video games to zone out, use that time to help your mom or dad around the house, or to play a game with your little brother or sister.

It's not always easy to use what you have to help others, but how amazing do you feel when you let go of what you want and use it to make others happy?!

