

Day 2

Read Daniel 3

You can't say the name Shadrach without saying Meshach and Abednego, can you? Their names seem to be connected, like they go together as a set.

There are several other "sets" or lists of things in Daniel 3. As you read through Daniel 3, look for these sets and finish writing them below. And any time you see a repeat of a list, make a tally mark beside it below.

Royal rulers, _____
_____ and _____

Advisers, _____,
_____ and _____

Horns and _____

Zithers, _____,
_____ and _____

Horns, _____,
_____, _____ and
_____ other musical instruments

Robes, _____,
_____ and other clothes

Royal rulers, _____
_____, _____ and

There is a lot of repetition in this story, which makes it really memorable. But the most important thing to remember that we learn from Daniel 3 is to trust that God is always with you.

Day 3

The story of Shadrach, Meshach and Abednego teaches us something that hundreds of years later, Jesus would confirm with these words to His disciples: "And you can be sure that I am always with you, to the very end." (Matthew 28:20, NIrV)

You can trust that God is always with you. Fill in the blanks below with personal examples from your own life, and then read them out loud as a prayer of thankfulness to God.

Dear God, thank You that . . .

You are always with me when

(a situation you're scared by).

You are always with me when

(something that makes you sad).

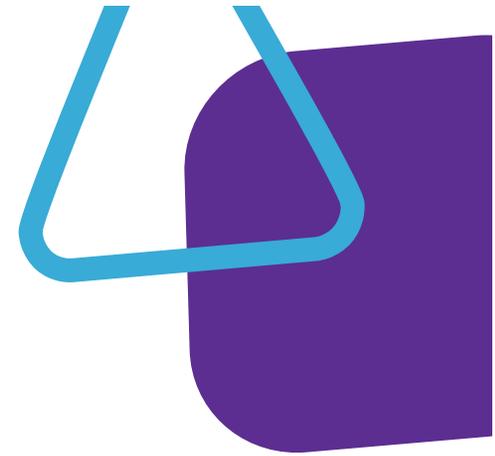
You are always with me when

(an event that brings you joy).

Day 4

One of the best ways we can trust God with our future is by remembering how He has always taken care of us in the past.

Today, take a few minutes to interview some family members and friends, reminiscing on all the ways God has taken care of you—either you personally, or your family as a whole, or just general ways you've seen God working in the world. As you remember times that it was really clear that God was with you, write down the things you remember, or you can use the voice recorder app on a device to record your conversations. Save the notes, as you'll use them tomorrow.

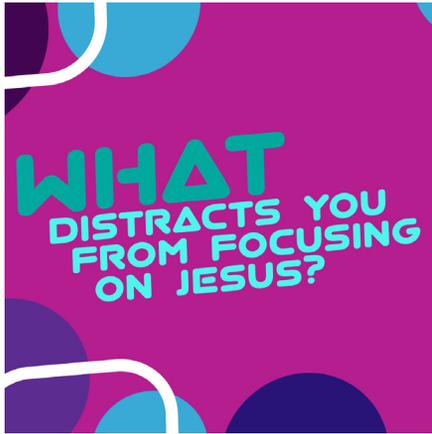


Day 5

Today, make a "Trust Album" (like a photo album) with the memories you talked about with your family members and friends yesterday.

Get a few sheets of paper and fold them together to make a little booklet. Then, write down the things you learned, including either hand-drawn illustrations or even printed photos, if you have some, creating an album of memories. Keep the album somewhere you'll see it to remind yourself that you can trust that God is always with you.

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



Journaling lines for the 'WHAT DISTRACTS YOU FROM FOCUSING ON JESUS?' prompt.



Day 1

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!

SO & SO TOP 3

After watching, write one thing that:

1. You liked: _____

2. You learned: _____

3. You'd like to know: _____

Day 2

Read Matthew 14:22-33

Grab a sheet of paper and some coloring/drawing supplies. As you read Matthew 14:22-33, illustrate what you read.

When you're finished, you should find the following things on your canvas: a boat with the disciples, a mountain, Jesus praying, waves crashing against the boat, Jesus walking on the water, Peter sinking into the water, Jesus pulling Peter from the water, Jesus and Peter back in the boat.

Lastly, illustrate what you think the disciples worshipping Jesus in the boat looked like. You can use captions to write the things they might have said to Him.

What would you have said if you had seen Jesus walk on water, and then Peter walking and sinking?

P.S. Save your drawing—you'll use it later this week!

Day 3

There are a lot of things that affect whether something will sink or not, including its shape.

For example, a ball of clay will sink right away, but if you flatten it out to make it like a raft, it will float. (If you have some clay on hand, you should test this out!) Prayer can be like a raft for us during life's storms. It doesn't take us out of the wind and the waves, but it keeps us floating and focused on Jesus.

What storm are you currently facing? Take a few minutes to pray and ask God to strengthen you against the waves and wind. Or maybe you just came out of a storm—this is the perfect time to thank God for carrying you through, and to reflect back on how your confidence may have grown as you focused on Jesus.

Use the words from Psalm 107:28-31 (NIRV) as a prayer. Change the "they" to "I", the "their" to "my", and the "them" to "me."

Day 4

Who is someone in your life who exudes confidence?

Someone who always seems to have their focus on Jesus, and sees themselves the way God sees them? Ask that person if you can grab some ice cream or go for a walk and have a chat. While you talk, pick their brain about their confidence. Here are some ideas for questions you could ask them:

- 1) Where do you think your confidence comes from?
- 2) Was there ever a time that a "storm" in life almost took you down?
- 3) How did you stay focused on Jesus during that time?
- 4) What are some things you do every day that help you keep focused on Jesus and stay confident?

Have fun sharing with each other ways you can **stay focused on Jesus**.

Day 5

What distracts you from focusing on Jesus?

Grab the illustration you made earlier this week. Look at the part where Peter starts sinking. What do you think happened in that moment? According to Matthew, Peter took his eyes off of Jesus and focused on the massive waves the wind was whipping up around him.

Get two more sheets of paper and some tape, and this time, on one of the pieces of paper, do your best self-portrait and draw yourself walking on the water. Around yourself, write things that distract you from focusing on Jesus.

Next, cut up the other sheet of paper into small strips that can cover up the words you wrote down. On one side, write the word JESUS in big letters, and then use a piece of tape to tape them over the distractions you wrote down. Only tape one side, so you can still lift and see what you wrote underneath.

When the storms of life come your way, focus on Jesus, and not the wind and the waves. It doesn't mean those things will go away, but when you focus on Jesus, they will fade to the background and give you the confidence to weather the storm!

Day 2

Read Ephesians 6:13-17

Using Ephesians 6:10-17, match the piece of armor with the faith “tool.”

SHIELD	SALVATION
HELMET	GOD’S WORD
SHOES	GODLINESS/ RIGHTEOUSNESS
BELT	GOSPEL OF PEACE
SWORD	FAITH
BREASTPLATE	TRUTH

There’s no getting around it—we’re going to have trouble in this world. But God has given us everything we need to stand strong!

Day 3

Look back at the list of faith “tools” from Ephesians 6:14-17.

And think ahead to your day. Which piece of armor do you think you most need to suit up with today? (Pro tip: you can use them all!) Take a few minutes to talk to God and ask Him to help you put on His armor today and every day. As you pray, read the pieces of armor out loud and do the motion as described below.

Dear God, thank You for giving me all I need to stand strong. Today, please help me put the belt of truth around my waist (pretend to put on a belt). I wan to put the armor of godliness on my chest (mime putting on a soldier’s breastplate). Help me wear on my feet what will prepare me to tell the good news of peace (pretend to pull on shoes). As I pick up the shield of faith (pretend to pick up a heavy shield), help me put out all the flaming arrows of the evil one (move the “shield” around, pretending to block firepower). Thank You for the helmet of salvation (mime putting on a helmet), and the sword of the Holy Spirit (pretend to wield a sword in the other hand) which is God’s word. In Jesus’ Name, amen.

Day 4

We listen to a lot of voices during the day.

Some of the voices speak truth and good things. But sometimes we may hear our enemies’ voices. Even our own voices can be our worst enemies, telling us things that aren’t true about ourselves or about God.

This is why it’s great new that God has given us what we need to stand strong against all those competing voices. With God’s armor, you can be protected from things like a bad attitude or negative thoughts. And one of those pieces of armor—God’s Word—is like a sword. When voices inside or outside try to tell you you’re not good enough or that you don’t matter, your sword—God’s Words that you have read and memorized—can help you fight back with the truth.

Get a Bible or Bible app and look up: Ephesians 3:18-19, Psalm 5:11-12, 1 John 3:1

Read these words from God out loud and talk to yourself today, reminding yourself that God loves you and you matter! **Use what God has given you to stand strong.**

Day 5

When it is hard to stand strong?

When is it hard for you to stand strong and be confident? Today, you’re going to make a battle plan for fighting the doubt!

The Enemy (Write a description of something you’re facing now that you need confidence to battle):

Armor Checklist (Check off the armor that would be especially helpful in this case):

- Belt of truth
- Breastplate of godliness
- Shoes of the gospel of peace
- Shield of faith
- Helmet of salvation
- Sword of the Spirit (God’s Word)

Action Plan (Brainstorm some ways you can actually use the armor to battle against the enemy you’re facing):

Claiming Confidence (Imagine what “winning” against the enemy will look like.):

Hang your battle plan somewhere you will see it, and if you need an extra boost of confidence, wield your sword (aka, go back and read God’s Words from Day 3!)



Day 2

Read Romans 8:38-39

As you read Romans 8:38-39, lightly cross out everything that can't separate us from God's love.

What do you notice about these things? Are they all negative things?

Nope, there are some good things in there too, like life and angels and the future. The point is that nothing good or bad changes how God feels about you!

Our confidence shouldn't come from anything other than God! If you place your hope in the things you can do, your talents, your achievements, your popularity, then when those things change, so will your confidence. But if you place your hope and trust in God, then no matter what comes—good or bad—you can rest in knowing the truth that **God loves you no matter what!**

Day 3

Fill in the prayer below (based on Romans 8:38-39) with some positive and negative things in your life.

Things that might make you doubt God's love for you (like hard things you're going through) or things that might tempt you to put your confidence in the wrong thing (like talents you have). Anything that might distract you from the truth that God loves you no matter what. Then read the prayer out loud to God.

Dear God, I am so thankful that not even _____ or _____ can separate me from Your love. Not even _____ or _____ or _____, or any _____ can separate me. I am so thankful that nothing at all can ever separate me from Your love because of what Jesus has done. I am so thankful that You love me no matter what!

Day 4

The fact that God loves each of us no matter what is life-changing truth.

It's something that can be easy to forget when life is hard, so it's important to remind each other.

Today, you're going to remind yourself that God loves you no matter what by sharing that truth with others! Pick your communication method of choice. It might be...

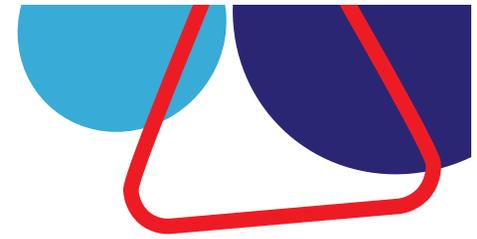
- Texting
- Calling
- Emailing

Next, decide how you want to remind them of this good news (you can pick more than one!):

- Share Romans 8:38-39
- Draw a picture
- Share a song from YouTube about God's love
- Simply share this bottom line: God loves you no matter what!

Lastly, make a list of a few friends who you think need to be reminded of God's love for them. Don't forget teachers and parents! As you put your plan into action, check off the names.

- _____
- _____
- _____



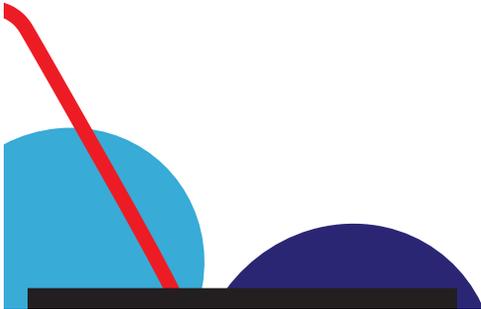
Day 5

What are some things that are true about God?

On a separate piece of paper, use the letters spelling CONFIDENCE to make an acrostic full of truths about God. (If you get stuck, find some examples at the bottom.)

Now pick one that really stands out to you—a truth about God that gives you confidence, confidence in God, and confidence in who He made you to be! Focus on that word all day. Write it on your hand, your bathroom mirror, anywhere you will see it. Repeat the word over and over to yourself. Use the word as you pray—thanking God for it and asking Him to show this truth to you even more!

Some examples: Caring, Omnipotent (all powerful), Near me, Faithful, Interested in me, Devoted, Encouraging, Never going to leave me, Compassionate, Enough



JULY
2021

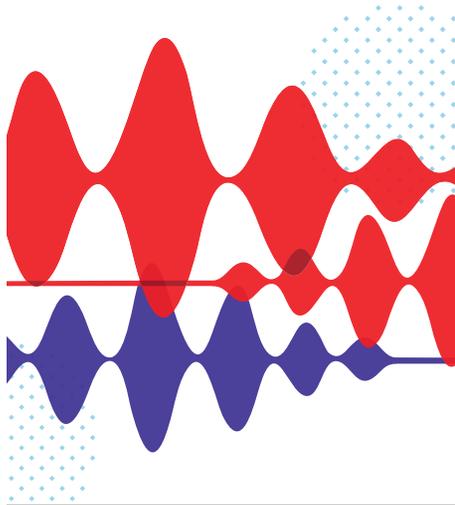
Preteen
WEEKLY CUES

YOU GOT
THIS!

Theme

Press Play: Get in the Mix

Confidence is learning to see yourself the way God sees you.



Week One

Daniel 3
Shadrach, Meshach, and Abednego

ASK THIS:
When are some times you need to trust God?

Week Two

Matthew 14:22-33
Peter Walks on Water

ASK THIS:
What distracts you from focusing on Jesus?

Week Three

Ephesians 6:10-17
Armor of God

ASK THIS:
When is it hard to stand strong?

Week Four

Romans 8:38-39
Nothing Can Separate Us From God

ASK THIS:
What are some things that are true about God?

REMEMBER THIS

“Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”
Philippians 1:6, NIV



JULY
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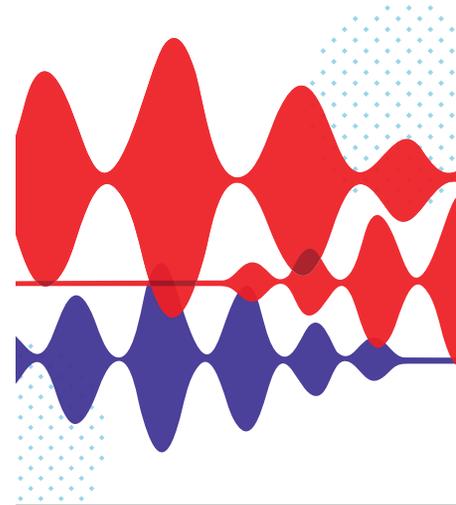
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Preteen

DAILY CUES



Morning Time

Ask your preteen if you can give them a temporary tattoo. If they agree, draw a heart or cross on your child's hand and tell them that this is a visual reminder that God is always with them no matter what.



Meal Time

Q & A FOR KIDS: What is something easy for you to focus on? What is something difficult?

Q&A FOR PARENTS: What helps keep you focused on Jesus?



Bed Time

The real enemy is one we can't see. Ask God to remind you that He has given you everything you need to stand strong. Share a tough situation you are facing now. Pray that God will help you give grace to the people you meet each day as you stand strong against the real enemy, using the truths you've discovered in God's Word.



Drive Time

Ask your preteen, "What do you believe to be true about God?"

Preteen

DAILY CUES



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