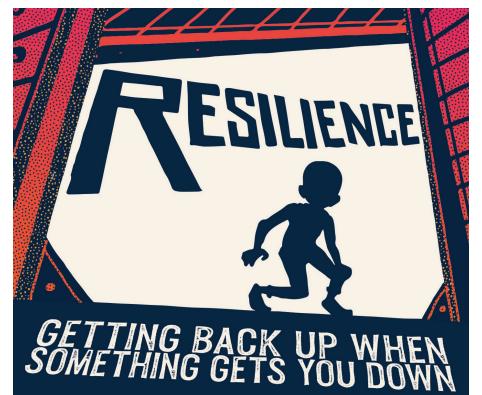
#### Journal

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







# 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!

	After watching, write one thing that:
en -	1. You liked:
he	
l,	2. You learned:
	3. You'd like to know:
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FOR AN everyday faith.

#### Read Matthew 28:16-20 and Acts 1-2

As you read Matthew 28:16-20, underline the different "jobs" Jesus gave to His followers, and number them off. How many numbers do you have?

The jobs Jesus gave to His followers seemed impossible. Thankfully, He promised them something that would make the impossible, possible. Circle the second half of Matthew 28:20 and Acts 1:8 to see what that promise was.

Jesus promised to be with them always. But, then it appeared He left them, as He rose up into Heaven.

But Jesus kept His promise. Read Acts 2:1-4 to see what that looked like.

After the Holy Spirit came, Peter shared the story of Jesus with everyone there. Read Acts 2:41 to see what is possible with God's Spirit!

God's Spirit was with Jesus' disciples, and God is always with you too!



### Day 3

## Sometimes we think about prayer as something we do at bed time.

Or at meals. Or maybe right before a test. But the truth is, God is always with you. And that means you can talk to Him anytime, anywhere, and about anything.

Write the words, "God is always with you" in several places where you will see it throughout your day. Maybe on your bathroom mirror (dry erase marker!), on a school notebook, make it your device screensaver or wall paper (pro tip: take a photo of the word art for tomorrow's activity and use it for your device), and maybe even write it on your hands.

Then, every time you see it, take a minute to talk to God. You can thank God for something good that has happened today, ask for help with a problem or situation, praise God for how great He is, or pray about a need someone else has. Or, you can simply thank God for always being with you!

### Day 4

God is always with you—and He's always with the people around you too!

- 1. Grab a piece of paper and a pen.
- 2. Go find some friends or family members to talk to. Try to talk to four or five people.
- **3.** You can interview them in person, send them a text or email, or give them a call.
- 4. Ask them to share a couple of times that they knew God was with them. It may have been during a hard situation, or it could just be a time they felt God's closeness—like in nature or at church.
- **5.** Take notes on the stories they share with you, and save them for tomorrow.



#### When have you felt alone?

Find your notes from talking with your friends and family yesterday. Look over the stories they shared with you and circle some of the keywords, like the places where they felt God with them, or the situations and struggles where they felt God's presence.

Then write those keywords from the conversation inside the word art—words that will remind you of the stories of God's presence. Hang it up in your room or bathroom to remind you of all the ways that God has been with you and others. And remember: when you're worried about school, when something bad happens out of your control, when you don't know what's going to happen next, God is still with you!

