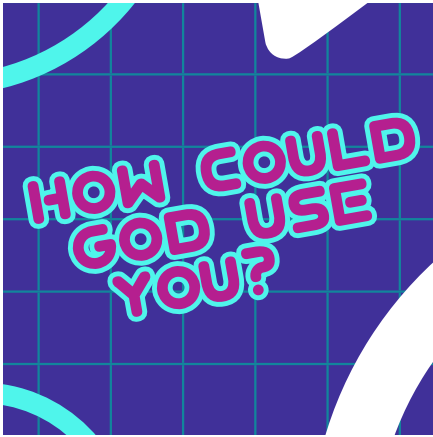


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the 'How could God use you?' 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 Judges 6-7:20

As you read the story of Gideon, put an asterisk (*) each time Gideon either seems afraid or insecure about how God can use him.

How many asterisks did you draw? Probably around five, right?

In writing, an asterisk is often used to indicate more information is found elsewhere. At the bottom of chapter 8, write another asterisk and beside it write, "God can use you no matter what."

Then read Gideon's story (Judges 6-7:20) one more time, and whenever you see an asterisk, instead of focusing on Gideon's fear, go down to the bottom and focus on the truth that "God can use you no matter what."

Day 3

Gideon didn't feel confident in his ability to do what God was calling him to do, but after he finally believed God could use him, he led the Israelites to victory!

There are a lot of voices in our heads that tell us we're not good enough, not strong enough, not smart enough, to do the things that God is calling us to do. The trick is to listen for God's voice above all the other ones.

When we think of praying, we usually think of talking to God. And that's super important. But sometimes we need to listen to God too! When we listen to Him, we'll hear Him telling us He is with us, He loves us, and He has a plan for us.

Take a few minutes today to sit in quiet and stillness before God. Start out by praying the short prayer below, and then be still and listen to hear what God might have to say to you.

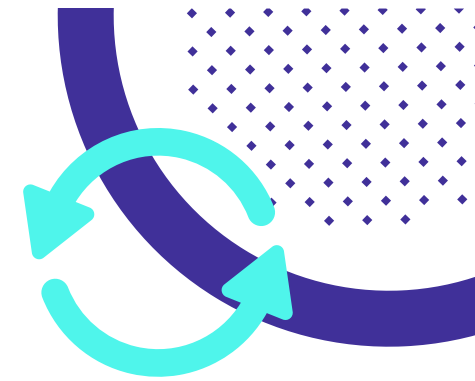
"Dear God, thank You for using someone like Gideon, who didn't think he was able to do anything important. It shows me how You can use me for something amazing too! Please show me what I can do for You—and how I can do it with Your help."

Day 4

Find some "wool," aka, cotton balls in the bathroom.

Grab as many as you want. If you don't have cotton balls, tear off some sheets of toilet paper instead. It's up to you how many. Only after you've done this can you turn this upside down to read the rest of the directions.

Now, count how many cotton balls or squares of toilet paper you have. That's how many ideas you need to gather today. Ideas of what? Of ways that your friends and family think God can use you! They may have ideas based on some of the needs of people around you, or on some of the gifts and talents God has given you. Ideally, get one idea from each person, but you can also ask each person to give you a couple of ideas if you have a high number. Be sure and jot down everything they say and save it!



Day 5

How could God use you?

Grab the list of ideas you rounded up from friends and family yesterday. Did you get any repeat ideas? Those might be good ones to pay special attention to! Do you see any suggestions match up your talents and gifts with needs around you?

Maybe someone pointed out how God made you funny, and you know your best friend is having a bad day, so God could use you to cheer them up.

Maybe someone noticed that there is a lot of trash on the ground in your community—and you happen to have a lot of really great friends. Time to call on them and lead everyone in a trash pick-up.

You may even figure out more than one way God can use you, and that's awesome! Write down all your ideas, and then get to work actually putting them into action this week! Then be sure and go back and share with the friends and family you interviewed yesterday about all the ways that God used you!

