

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.



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 5:17-26

Pretend you have a group of little kids sitting in front of you, wanting to hear the story found in Luke 5:17-26. Read the passage aloud with lots of enthusiasm and energy, acting out different parts as you're able (e.g., you can use things like stuffed animals, action figures, doll houses, and toys). When you get to the point where the man is healed, imagine how you might have walked away from Jesus (perhaps a skip? Or a dance?) and put it into action. And do your best impressions in the mirror of what you think the reactions of the crowd were.

Day 3

Grab the toy or stuffed animal that you used for the man who couldn't walk yesterday when you were acting out the story.

Hold on to it as you pray this prayer to God:

Dear God, I want to help others like the four friends helped their friend who couldn't walk. Sometimes it's hard to know who needs help—and how I can help them. Please open my eyes to the needs of others around me, and show me how I can make a difference. And please put others in my life that want to help others too, so we can work together to help someone in need. In Jesus' Name, I pray. Amen.



Day 4

Think about a group of people who have helped you.

Maybe it was just a couple of your friends who stood by you when things were hard. Maybe it was your class at school who make you get well cards when you broke your arm. Or perhaps it was your parents' friends who brought food when your mom got really sick. Even if it's been a long time ago, take some time to thank them for helping you. You can shoot them a text or email, give them a call, make them a thank you note, or just tell them the next time you see them how much it meant to you to receive their help. Let them know that you plan to pay it forward and help someone else too!



Day 5

Who do you know who needs help?

It's time to get back to work on your project with others to help someone that needs help. Find your poster board or paper you've been working on.

Now that you've done some research on how to help others best, and figured out who would make a great team member to work together to help others, it's time to figure out exactly who needs your help.

Think about people in the following situations:

- Your house
- Your neighborhood
- Your school
- Your church
- Your community

And think about the needs people might have:

- Food
- Clothing
- Shelter
- Child care
- Yard work
- Chores around the house

Think of as many different people that might need your help and situations they might need help with as you can and write them all down on your poster board (and continue to save it!).