

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



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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:
.....

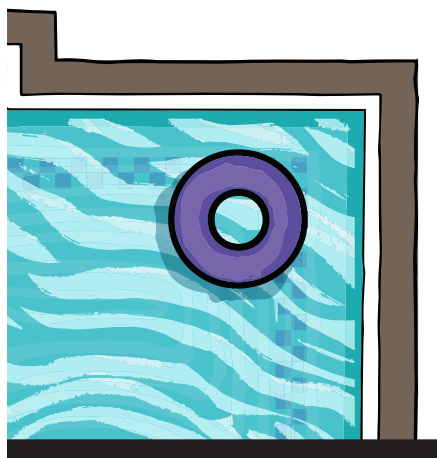
Day 2

Read 1 John 4:9-13

As you read 1 John 4:9-13, make the following marks:

- Underline everything that is a description of love.
- Cross out everything that describes what love isn't.
- Circle everything that demonstrates love in our lives.

God loves you. And you don't have to do anything to earn that love. In fact, there's nothing you can do to earn that love. God loved you enough to send Jesus to the world. And when you believe in Jesus, not only do you have a relationship with God that lasts forever, but God gives you the Holy Spirit to help you through life. If God loves you that much, you can make waves by showing love to others—and when you do, they'll experience God's love too. It's a never-ending wave!



Day 3

What are some ways you know God loves you?

- 1
- 2
- 3

What are some ways you can show others love?

- 1
- 2
- 3

Now, use your answers to personalize this prayer and pray it out loud to God.

Dear God, thank You for all the ways You poured out Your love for me. You made me, You love me, You sent Jesus to die for me. I also know You love me because You

Help me to receive Your love so I can love others well. This week, help me to love others by

In Jesus' name, I pray, amen.

Day 4

There are a lot of ways to show love to others, including with the words that you say.

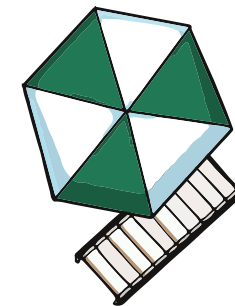
And that doesn't just mean saying the words, "I love you," although that is important too! But it's also in the way we speak to each other—are we speaking words of kindness, healing, and encouragement? And is our tone one that is respectful and patient?

Think about the person that you find hardest to love with your words. Maybe a sibling or a parent, or even someone on your sports team that you can't seem to get along with. Today, challenge yourself to only say things that show love to that person—both in the words you choose and the way you say them.

Start out by making a list of three kind, friendly, and encouraging things you can say to this person.

1.
2.
3.

Then, keep this list with you to remind you to love that person—and others because God loves you.



Day 5

How can you love others like God does?

That's a tricky question, isn't it? Because you can't make a human like God does. You can't send your son to be the Savior of the world. So, how do you love others like God does?

God loves us creatively, unconditionally, with forgiveness and grace, and without expectation.

How can you love others in those ways?

Creatively—what gifts do you have that you can use to show love to others?

Unconditionally, with forgiveness and grace—who is hard for you to love? How can you love them in a way that shows you have grace and forgiveness in your heart?

Without expectation—who is someone you know who can't return your love in the same way? Maybe you can give a gift to a friend who doesn't have the ability to give you one in return. Or maybe you can offer the gift of time to someone who's far too busy to do the same.

Choose one of those ways and make a game plan on how to make waves with love this week like God does!