

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



Journal writing lines for the question 'HOW can you be someone people can COUNT ON?'



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 Samuel 20:1-16, 42;
2 Samuel 9

As you read 1 Samuel 20:1-16, 42, highlight all of the times that either David or Jonathan make a promise to each other, or ask each other for a promise. Sometimes it might actually include the word “promise,” but sometimes it might be simply implied. Then as you read 2 Samuel 9, underline all of the ways that David fulfills his promises to Jonathan.

David was by no means perfect, but he was a faithful friend to Jonathan, proving he could be counted on!

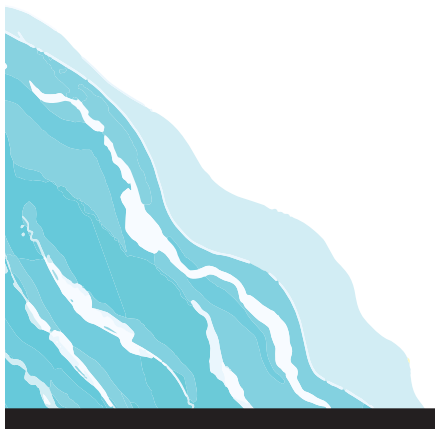
Day 3

We can learn a lot about how to be a faithful friend by witnessing the friendship of other faithful friends—friends like David and Jonathan, and even people we personally know.

Fill in the blank below with the name of someone who you have found to be faithful in your life, and ask God for help to be the same kind of friend to others.

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Dear God, thank You for the example of faithfulness that we see in the friendship of David and Jonathan. I have also seen faithfulness in the life of ....., who has proven to be a friend I can count on by ....., Please help me to also be a faithful friend like David, Jonathan, and ....., so that others know they can count on me. In Jesus' Name, I pray, amen.



## Day 4

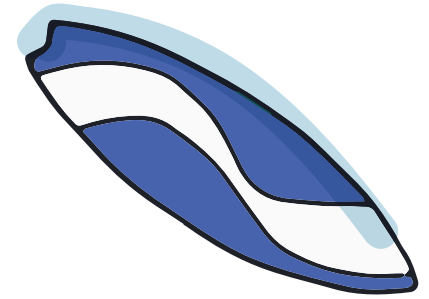
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Look back at the prayer from yesterday, and the name that you wrote as an example of a faithful friend in your life.

It's time to thank that person for being someone you can count on! You can . . .

- ▀ Send a text
- ▀ Make a card
- ▀ Make a phone call
- ▀ Tell them in person

Be sure and be specific as you thank them, telling them how their faithfulness as a friend has made you feel—and how it has inspired you to be a friend others can count on!



## Day 5

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How can you be someone people can count on?

Being a faithful friend doesn't mean you'll always get it right—we all mess up sometimes and let others down. But it does mean that you'll stand by your friend, do your best with God's help to be honest and truthful, and you'll treat others the way you want to be treated. You will be someone others can count on.

Do you have a pool float, life jacket, or pool noodle? If so, grab it and put it somewhere in your line of sight. For the next week, every time you see the float, use it as a reminder to be someone people can count on—someone who stands up for their friends, and keeps their word. Be the person who speaks up when someone is speaking badly of your friend—someone who reaches out to offer help when their friend is struggling.

When you are a faithful friend to someone, move the float to a new place, but somewhere still visible and continue to use it as a reminder to be a someone people can count on. Keep making those waves of faithfulness!

