

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



Journaling lines for the 'When Have You Been Through a Hard Time?' prompt.



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 Exodus 3:1-16

As you read through Exodus 3:1-16, circle every time you read anything about God seeing or hearing the cries of the Israelites. Note that this won't always use the exact words "seeing" or "hearing," but the meaning is the same (such as, "Israel's cry for help has reached me").

There are a lot of circles, aren't there?! God made it clear that He was listening and seeing what the Israelites were going through. And the next several chapters in Exodus detail what God did as a result of seeing what they were going through.

Things didn't change overnight for the Israelites. But no matter what, they could hold on because they knew God knew what they were going through, and He was working things out for their good.



Day 3

Have you ever wondered why you even need to pray, if God knows what you're going through?

You can look no further than the Israelites to see why we should talk to God. The writer speaks of God hearing their cries and acting in response. God moves when we cry out to Him—when we talk to Him. Prayer also brings us closer in relationship with God, which gives us the strength we need to hold on when life gets hard!

What do you need to talk to God about today? If you're not facing something hard right now, you probably know someone else who is, so you can pray for them. Here's one way you can talk to God about what is going on:

1. Tell God what is happening.
2. Tell God what you are feeling. Don't hold back—the Israelites cried out.
3. Ask God to intervene—to heal, to provide, to bring peace.
4. Thank God for hearing your prayer and for always being with you.

Day 4

Yesterday you talked to God about what is happening in your life.

Today, talk to someone else and ask them to join you in talking to God about what you are facing. Find someone who trusts in God, and tell them all the things you told God yesterday. Ask them if they'd pray with you right now and if they will continue to talk to God about what you are facing. If you aren't facing a big challenge right now, think about someone else who could use your prayers and, together with your friend or family member, pray for that person to have grit.

Day 5

When have you been through a hard time?

Nothing encourages your faith and endurance like remembering how God has shown up for you in the past. So today, create a backward Easter egg hunt. Instead of hunting for eggs that have been hidden, you're going to hide reminders of when God has carried you or others through a hard time. It will be amazing to see how those reminders show up just when you need them!

Start by getting a sheet of paper and cutting it into strips or small pieces. On each strip or piece, write a few words describing when God has showed you He is with you—prayers that were answered, peace you experienced during a hard time, times when God used other people to show you that God was near, and so on.

Then fold up the little pieces one time (don't make them too small or you might think it's trash!) and hide them all around your bedroom, bathroom, your backpack, etc. Whenever you find them in the future, you'll be reminded that you can **hold on because God knows what you're going through.**

