### **Journal**

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



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February Week Three 2023 Preteen



# Day 1

Go to https://bit.ly/PreteenSundaysatHome 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 li	ike	to	know:	

## Day 2

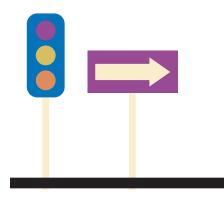
#### Read Luke 10:38-42

After you read through Luke 10:38–42, draw lines from each woman's name to the phrases that match her actions.

#### Mary Martha

Welcomed Jesus
Worried
Sitting at Jesus' feet
Busy
Many things
Listening to Jesus
Chose better
Complained to Jesus

Martha wasn't wrong for doing things for her special guest. It's just that in doing all the things, she was forgetting the most important thing—spending time with Jesus!



# Day 3

There are many things we can spend our time doing, and most of them aren't bad things—in fact, many of them are good things!

But despite all that we have and want to do, we still must **take time to show others they are important.** 

What are the things that sometimes distract you from taking time to show God, your family, and your friends that they are important? Personalize the prayer below by filling in some of the things that can compete for your time—remember to include the things you have to do as well as the things you want to do.

Dear God, I know that spending time with You and taking time to show others they are important is the most important thing for me to do. But there are so many things I have to do like

and And there
are things I also like to do, like
and I know
these are good things too, but I want to
be sure I still take time to show others
they are important. Please give me
wisdom on how to spend my days, and
give me discipline to follow through. In
Jesus' Name, I pray. Amen.

## Day 4

# How has someone shown you you're important?

There are so many ways to show someone they are important to you, but everybody has something(s) that really hit different when it comes to respect. For some people, having a friend reach out and suggest a hangout makes them feel super respected. For others, when people say really kind things, it makes them feel important and loved.

Today, try making a Respect Reference—a guide that will remind you how many of the people you care about feel most respected. Grab a sheet of paper and label it "Respect Reference." Then write the names of people who you respect and you want to make sure they know it. Lastly, go interview them. Start by asking them how has someone shown you you're important? If they can't think of an example, you can suggest things like: spending time with you, saying encouraging things to you, helping you with tasks, etc. Write down their answer beside their name, and save it for tomorrow!



There's no better way to show someone they're important to you than by offering them the gift of time.

Think of someone who you know enjoys spending time with you. If you get stuck, refer back to your Respect Reference from yesterday and choose something someone mentioned that makes them feel important to you. Put it into action today. And remember to refer back to your Respect Reference sheet often to show others they're important to you!

