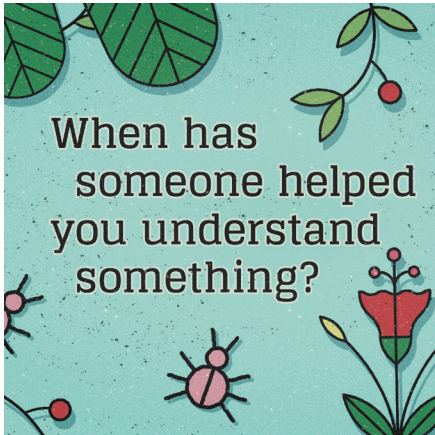


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



A series of horizontal dotted lines for journaling, starting from the top of the illustration and extending down the page.



Day 1

After watching, write one thing that:

Watch this week's episode of The So & So Show by going to: <https://bit.ly/PreteenSundaysatHome>

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:

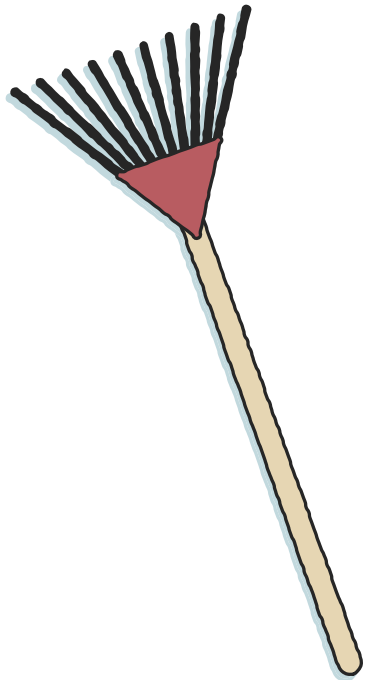
Day 2

Read Luke 24:13-35

As you read Luke 24:13-35, stand up and act out the movements that the disciples and Jesus make (e.g., walking, standing still, etc.).

Verse 26 is the real turning point in this passage as Jesus took time to explain to Cleopas and his friend everything that had happened. The men were so hungry for understanding that they begged Jesus to stay with them and teach them more.

But it doesn't stop there, because when Jesus disappeared, they didn't keep all they had learned to themselves—instead Luke tells us that the men immediately went and shared the good news that Jesus was alive to the disciples and explained all that had happened.



Day 3

What is something you don't understand about God or God's plan?

There's nothing wrong with not understanding—God wants us to ask questions. That's a great way we can get to know God better.

Fill in the blanks of this prayer with your answer and ask God to help you understand and bring others into your life who can help you understand too.

~~~~~  
"Dear God, sometimes it's so hard to understand what You are doing in the world. I am struggling to understand \_\_\_\_\_.

Please help me understand, and to trust You even when I don't. Please bring others into my life who can help me understand. Please open my eyes to Your truth and help me put others first by helping them understand more about You. In Jesus' Name, I pray. Amen."

## Day 4

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**When has someone helped you understand something?**

Who is someone who has helped you understand something? Write someone's name in each of the blanks.

Someone who has helped me understand how to play a sport/learn an instrument:

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Someone who has helped me understand more about God:

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Someone who has helped me understand a school subject I needed help with:

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Someone who has helped me understand what Jesus did for me:

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Someone who has helped me understand what I should do in a hard situation:

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Now circle two of the names and take time today to thank them for putting you first by helping you understand.



## Day 5

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**Put others first by helping them understand.**

What are some things you are naturally good at understanding? Make a list of the things that you think you understand well.

Maybe you are a math whiz. . .

Or perhaps you speak a second language. . .

Or maybe you're good at baking or cooking. . .

Or maybe technology comes pretty easy to you. . .

Now make a list of people who might need your help understanding one of these things. Maybe your younger sibling could use some help with homework, or your grandparent needs help setting up their new computer. Think about ways you can put others first by helping them understand.

Pick at least one person you can offer help to this week.