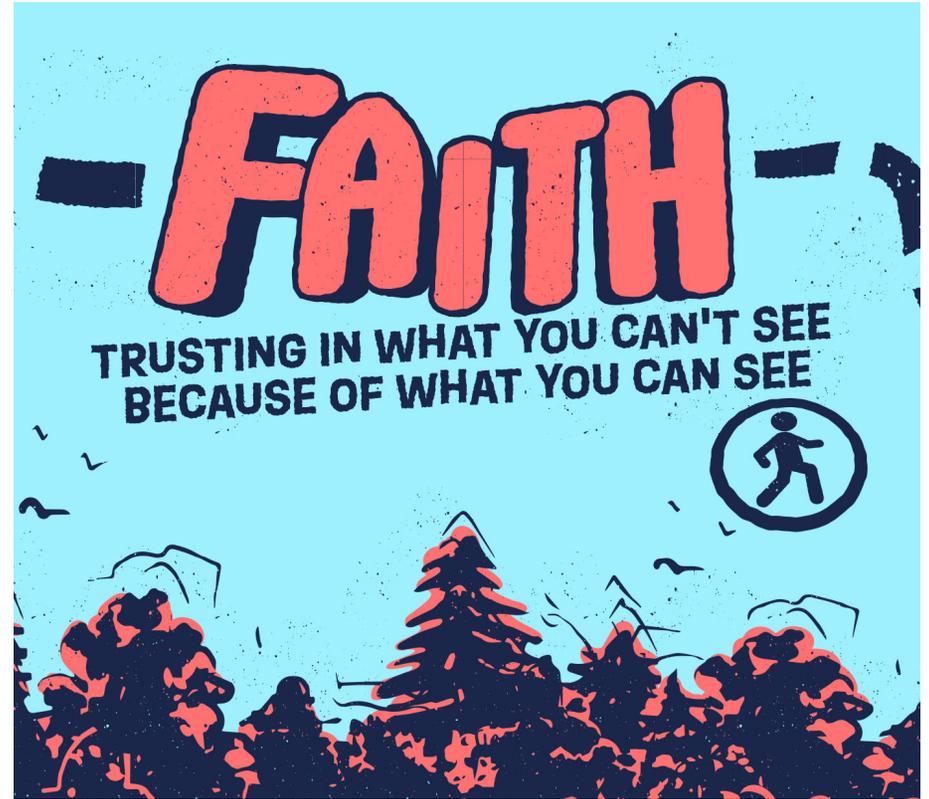


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



A series of horizontal dotted lines for journaling, starting from the top of the page and extending down to the bottom of 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 Acts 16:16-40

Read the passage—either silently to yourself or out loud—in front of a mirror. When you read about something significant happening, make a face in the mirror that you think matches the emotions the people in this situation may have felt.

You probably made some pretty dramatic faces. . . like sad, scared, and angry faces.

What about joy? Did you make a joyful face at any point? It may not have been obvious, especially since it seems so shocking. But God helped Paul and Silas find joy, even while they were in prison. As they sat in the dark, damp prison, they praised and worshipped God!

Day 3

God helped Paul and Silas find joy even while stuck in prison!

While you're not in prison, you may have an area of your life where you feel stuck, like a situation that makes it seem impossible to find any joy.

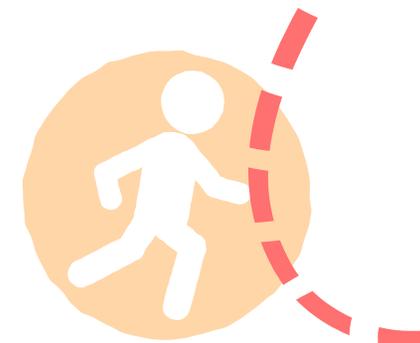
Grab a flashlight and go to the darkest spot in your house. Sit down and turn off the flashlight for a minute or two and think about that hard situation you're facing. What do you think it would take for you to find joy? Talk to God about it. Ask God to help you get out of that situation, but also for help finding joy while you're stuck there—even if it doesn't get better. Close your prayer by thanking God for helping you find joy, then hop up and head back into the light!

Day 4

Get a sheet of paper or a device with a notes app on it, and interview 3-4 people, asking them these questions.

1. When was a time you were stuck somewhere? (Like in traffic or on a theme park ride that breaks down.)
2. What did it feel like to be stuck?
3. When have you ever been stuck emotionally or spiritually?
4. How did you find joy even when you were stuck?
5. How does knowing God help you find joy in these moments?

Hold on to everyone's answers for tomorrow!



Day 5

When you're in the middle of a hard time, it's important to remember that, in the end, God will make everything right!

When you remember that and keep your focus on Jesus —then God can give you joy, no matter what you're going through.

Grab some blank paper, some coloring utensils, and either some masking tape OR some scissors and clear tape. If you have masking tape, use pieces of the tape to spell out the word joy, using large, thick letters. Or you can draw the word joy in thick letters and cut out each letter to tape with the clear tape, using tape rolls.

Then fill up the page with as many of the answers you received yesterday. You can also add your own answers. The words don't need to be in any order or on straight lines, and if you need to repeat answers, you can.

Once the page is mostly full, remove the masking tape or paper letters to reveal the word J-O-Y. Hang the picture somewhere you will see it often to remind you that when you focus on Jesus, your JOY can be bigger than your problems.

