

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



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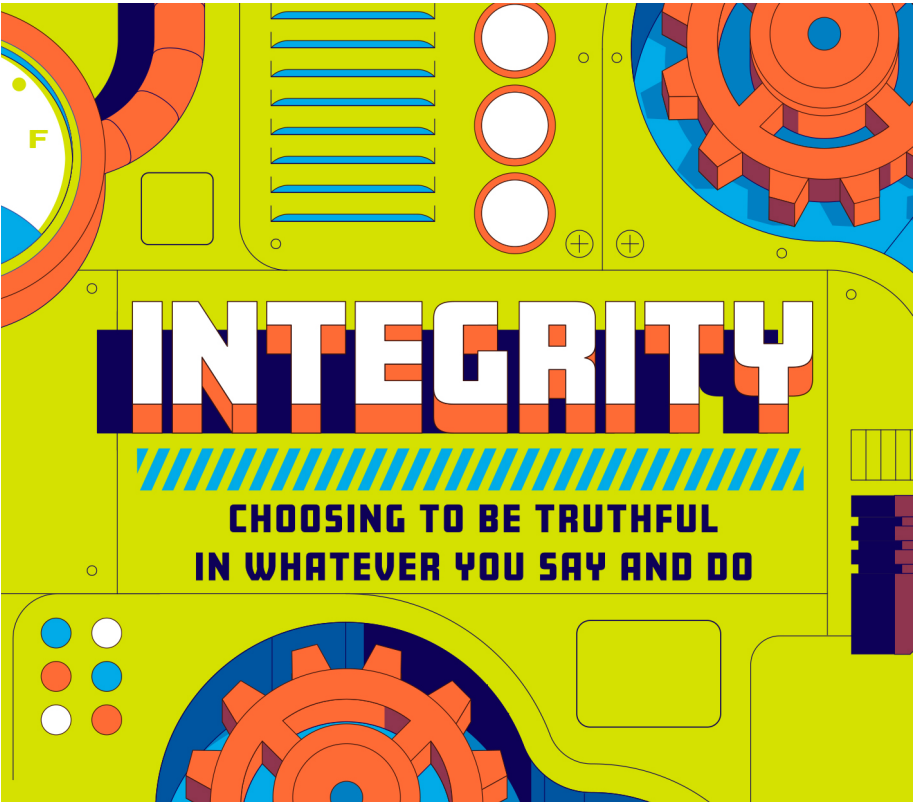
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Day 1

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:

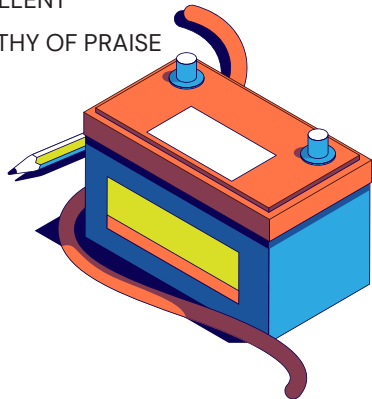
Day 2

Read Philippians 4:8

As you read Philippians 4:8, look for the things you should be thinking about in the crossword puzzle!

J D X W T M C W J C L X K E E
 U C U H J J O O V I F Y X S N
 M U G T Y F P R N E G R Z I R
 J I I Y W B D T T F U G M A N
 R D R Q Y U F H H Z G R T R D
 E B M U I U O Y J Z J T T P H
 O F C D C S X O J L I Q T F R
 P U R E G S S F K B Z H Y O U
 T N N D O H E R H Z W A E Y Q
 L G T N E L L E C X E A B H G
 H O Q Z K I B S S Y G W L T Q
 W I V S V Z O P Q O G J H R K
 D O Y E E Y N E M G A S H O J
 I P U S L K D C H O L S S W W
 F K C T C Y K T O Q I J V C I

 TRUE
 NOBLE
 RIGHT
 PURE
 LOVELY
 WORTHY OF RESPECT
 EXCELLENT
 WORTHY OF PRAISE



Day 3

Write a prayer asking God to help you focus on the things that Paul wrote in his letter to the church at Philippi by filling in the blanks with examples.

Dear God, I really want to focus on what is true, like _____.

What is noble, right, and pure, like _____.

I want to think about what is lovely and worthy of respect, such as _____.

_____.

And what is excellent or worthy of praise, such as _____.

_____.

Please help me to fill my mind with the good stuff so that I can truly love You and others well. In Jesus' Name, I pray. **Amen,**

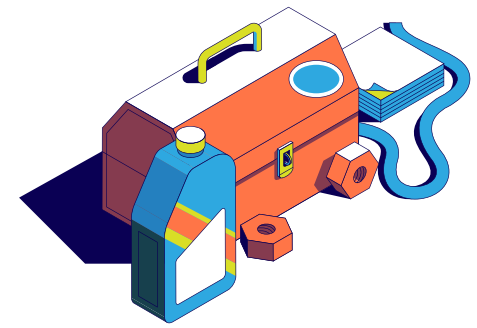
Day 4

What do you spend the most time thinking about?

Find a friend who will join you in this challenge. Make a plan to meet up at the end of the day, or at least to talk on the phone or text about what you discover.

Set a timer, watch, etc. for every thirty minutes today. (Make sure it's silent if you will be in school or anywhere else you should be quiet.) When the alarm goes off, write down what you were thinking about.

At the end of the day, reach out to your friend. Each of you can read off your list and talk about what things you spend most of your time thinking about. Is there anything you wish you thought about more? Make a plan together on how you can think more about things that are true, pure, and lovely.



Day 5

Focus on what's true.

Make yourself a picture collage to help you remember what's true in your life. Photos that remind you that you are loved, that God has given you gifts and talents, pictures of God's creation. Anything that would fit the description Paul gives in Philippians 4:8: "Finally, my brothers and sisters, always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, think about those kinds of things." (NIRV)

You can create the collage with actual printed photos—perhaps taping them to your bathroom mirror.

Or you can make a digital collage that you can set as your device home screen or ask a parent to print for you so you can hang it somewhere you'll see it.

Every time you see your collage, say a prayer of thankfulness to God for all the things that are true: God's love for you, God's creativity and strength, family and friends who love you—anything that is true, right and worthy of praise!