

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



Journaling lines for the 'Who has encouraged you?' question.



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 Hebrews 10:23-25

As you read Hebrews 10:23-25 out loud, create your own motions to illustrate the big ideas in the verse.

Read the verse and do the motions two more times, then see if you can say the whole verse from memory.

It can be easy to forget about the hope we have in Jesus when we get distracted or overwhelmed. But we can encourage each other in our faith through helping others, spending time with other followers of Jesus, and reminding each other of the truth that we can trust God no matter what!

Day 3

Have you ever heard this verse before?

Where two or three people gather in my name, I am there with them.” (Matthew 18:20, NIrV)

Of course, we can talk to God anytime, whether we’re alone or in a large group, but there’s something powerful when we pray with other people who believe in Jesus too. **Our faith is stronger together.**

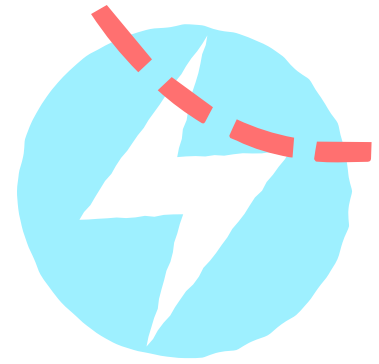
Go around the house and find at least one other person who can pray with you. If you can’t find anyone who’s free right now, then plan a time to meet up later. Share what’s on your heart with each other and then pray together. It may feel silly or strange if this isn’t something you’ve done before but remember the promise of Matthew 18:20 and be encouraged that God is with you!



Day 4

Who has encouraged you?

Whether you’ve been following Jesus a long time or just a little bit, there’s likely someone in your life who has encouraged you in your faith. Maybe they encouraged you with their words, sharing with you about what Jesus has done or sharing how God is working in their life. Take time to tell that person today how they have encouraged you. You can call them, text them, message them, write them a note or email, or find them in person. . . tell them what a difference they have made in your faith by living out their own.



Day 5

Yesterday you thanked someone who had encouraged you in your faith.

Today, take some time to encourage someone else in their faith. This might look like . . .

- Texting an encouraging Bible verse to a friend who is going through a hard time.
- Creating a playlist with some of your favorite worship songs to share with a friend.
- Reading a story from a children’s Bible to a younger sibling.
- Sharing with a friend what you’ve been learning about God lately.
- Or anything else that will encourage someone else in their faith!

The best part is that when you take time to intentionally encourage someone else in their faith, you’ll often find that your faith gets stronger too. After all, **our faith is stronger together.**