

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



Journaling lines for the first question.



Day 1

After watching, write one thing that:

Go to [bit.ly/SundaysAtHomePreteen](https://bit.ly/SundaysAtHomePreteen) 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!

Journaling lines for the Day 1 questions.

## Day 2

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### Read Nehemiah 1:1-2:18

As you read Nehemiah 1:1-2:18, label each paragraph in your Bible with the following steps Nehemiah took as he showed initiative. (Note: Some of these will be used more than once.)

1. Forming a plan
2. Asking others for help
3. Hearing about the problem
4. Putting plan into action
5. Checking out the problem
6. Being sad about the problem
7. Asking God for help

Nehemiah heard about a big problem that required a big solution but he didn't wait for someone else to do what needed to be done!



## Day 3

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### Nehemiah's first response when he heard about people suffering was to turn to God and ask for help.

Who do you know that needs help? Someone who is sick or hurting or lonely? Or what about a problem you see in your house, school or community that needs solving?

Now, use some of Nehemiah's prayer as a model for praying for that friend or situation. Don't forget to ask God to show you how you can be a part of meeting that need.

Lord, you are the God of heaven. You are a great and wonderful God. You keep the covenant you made with those who love you and obey your commandments. You show them your love. Please pay careful attention to my prayer. See how ..... is suffering (or see how .....). Please listen to me. I'm praying to you day and night. I'm praying for ..... Listen to the prayers of all of us. We take delight in bringing honor to your name. Give me success today when I .....

In Jesus' Name, I pray. Amen.

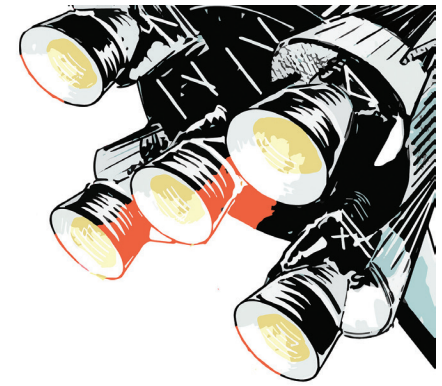
## Day 4

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### Nehemiah showed true initiative when it came to rebuilding the wall, but he also recognized he couldn't go it alone.

Think back to the person or situation you prayed about yesterday. How could you lean into others for support as you do what needs to be done? Maybe you don't even know what would help. Find a friend or adult to brainstorm ideas with. Maybe you have a great idea already, but you need friends to put it into action. Or, maybe it's something you can do on your own, but you need trusted friends to pray for you.

Find those friend(s) today and talk to them about what's going on and get them involved. You'll not only do what needs to be done, but you'll be a blessing to others by letting them be a part as well!



## Day 5

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### What around you needs to be done?

Today is action day! Time to put all those prayers and plans into action and do what needs to be done.

Before you get started, reread Nehemiah 1:1-2:18 and pay attention to the steps Nehemiah took . . . from hearing about the problem and asking God and others for help, all the way to forming a plan and putting it into action. Then write out your own version of these steps, and follow your plan!

And remember, even if your friends don't follow through to help, you can get it done. **Don't wait for someone else to do what needs to be done!**