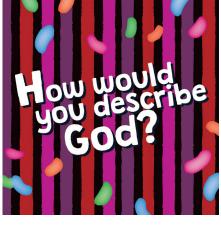
Journal

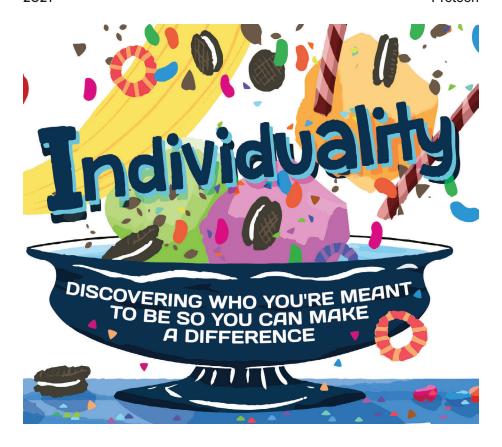
Spend some time thinking about the question below and journal your thoughts or share them with a parent.



•••••	 	•••••		······
•••••	 	•••••		······•
•••••	 ••••••	•••••	•••••	······•
•••••	 			······•
•••••	 			······•
•••••	 ••••••	•••••••	•••••	······•
•••••	 			······································
•••••	 •••••	•••••	••••••	······
•••••	 		••••••	······
•••••	 			••••••
•••••	 			······
•••••	 •••••	•••••	••••••	······
•••••	 			••••••
•••••	 			

October 2021

Week One Preteen



Day 1

Go to 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!

After watching, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read Genesis 1:26-28

Grab a sheet of paper and your favorite art supplies.

As you read Genesis 1:26–28, draw a picture illustrating what you read.

You can either illustrate the actual parts of creation you read about (birds, fish, humans, etc.), or you can do something more abstract that just represents the beautiful creation God made.

Be sure to include something that represents God's prize creation: humans, made in His image.

P.S. Save this drawing for later on this week.



Day 3

Have you ever thanked God for making you the way He did?

Sometimes we get so focused on trying to be like God, that we can miss the fact that He already made us to be like Him! We can live out His love, joy and peace in the unique way that He made us.

Think about the unique way you were made in God's image, and then pray this prayer to thank Him:

Dear God, thank You for making me in Your image, and yet also making me different from others so that I can offer something unique to people around me. I can see how you've made me to

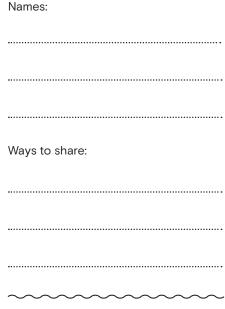
and how when I do that, I shine Your light in a way that makes a difference to others. Thank You for making me the way You did! In Jesus' Name, I pray.

Day 4

This month's memory verse is a wonderful one to memorize—and to share!

Make a list of three people who you think would be encouraged to hear this verse today.

Then make a list of three ways you can share the verse, like texting it or just verbally sharing it with them.



Now, get to work sharing the good news with others that how God made them is amazing and wonderful!

"How you made me is amazing and wonderful. I praise you for that. What you have done is wonderful. I know that full well." Psalm 139:14 (NIrV)



Day 5

How would you describe God?

Drawing a picture of God seems pretty impossible, doesn't it? But the truest way to imagine God doesn't have to do with a body or physical features, but has to do with who and how God is: things like God's love, peace, joy, kindness, gentleness and self-control.

Grab the artwork you drew earlier this week of God's creation, as well as the art supplies. Look at it through the lens of WHO and HOW God is... look for things that represent God's love, joy and kindness. Imagine you're describing God to someone else and add more colors, and more images of things that remind you of God. Think about the way that God has made you in His image and include either a self-portrait or colors or objects that represent the unique way God made you.

Hang the picture on your bathroom mirror or somewhere you will see it every day to remind you that God's image is reflected everyone in His creation—and especially in you!