Journal

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





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 3

Read Mark 10:46-52

Grab a coat or other piece of clothing and stand in front of the mirror with your Bible or Bible app. Read Mark 10:46-52 out loud, as dramatically as you can. Be sure and shout when Bartimaeus does, and stand when he stands. Throw your coat aside when he does. As you act it out, imagine how Bartimaeus must have felt to be blind—and then to see again!

This story isn't that long but those few minutes that Jesus took to stop and help Bartimaeus completely changed his life! You wouldn't think it would be hard to make time for others but time is a limited resource just like money.

Choosing to make time to help others is a wonderful gift you can give to others! Pray the prayer below, personalizing this month's Bible verse, Micah 6:8, and ask God to help you be generous with your time.

Dear God, thank You for always making time for me. I love knowing that I can turn to You whenever for whatever reason, and You will be there for me. I want to be there for other people too. Please help me make time to help others. Please help me live out the words of Micah 6:8. You, Lord, have shown me what is good. You have told me what You require of me. I must act with justice. I must love to show mercy. And I must be humble as I live for You, God. In Jesus' Name, I pray. Amen.

Day 4

Sometimes you might think you don't have very much—in terms of physical possessions—that would help someone else.

But you do have one thing that can help others that doesn't cost a thing: your time.

Think of a friend or family member who could use the gift of your time today. Maybe they just need someone to talk to. Or perhaps they could use a word of encouragement, or a silly joke or two to make them smile.

Who do you know that could use your time?

What could you offer them during that time that would help them?

Is there anything you need to do to prepare to use your time to help someone? (e.g., find a good joke, make some hot cocoa to share, etc.)

Now, go use your time to help someone!

Day 5

When has someone made time for you?

When Jesus healed Bartimaeus, it not only meant Bartimaeus could see, but it also changed the trajectory of his life. Instead of sitting by the side of the road begging, Bartimaeus followed Jesus!

When we make time for others, to meet their needs and show them God's love, it can completely change their lives! At the very least, it will make their day better.

Think about your own faith journey—who has taken time out to point you to Jesus, to show you God's love? Take some time today to reach out and thank them. You can write them a thank you note, send them a text, or just tell them! Be sure and explain what it meant to you that they made time for you, and tell them how it made a difference in your life!



