

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



A series of horizontal dotted lines for journaling, starting from the top of the page and extending down to the bottom of the page.



Day 1

After watching, write one thing that:

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!

1. You liked:

2. You learned:

3. You'd like to know:

A series of horizontal dotted lines for writing answers to the reflection questions, corresponding to the numbered prompts.

Day 2

Read Daniel 6

Number the following events in order according to the story told in Daniel 6.

- ___ The king signed the order saying anyone who prayed to anyone but him would be thrown in the lions' den.
- ___ When morning came, the king hurried to the lions' den.
- ___ The king ordered everyone to follow Daniel's God.
- ___ Daniel did a better job than the other leaders.
- ___ The king had no choice but to condemn Daniel to the lions' den.
- ___ The other leaders saw Daniel praying and went to tell the king.
- ___ The other leaders tricked the king into a making a law that no one could pray to anyone but him for 30 days.
- ___ The king planned to put Daniel in charge of the whole kingdom.
- ___ The king couldn't sleep or eat.
- ___ Daniel continued to pray to God three times a day.
- ___ The king was thrilled to find Daniel was still alive.
- ___ The king put Daniel and two other leaders in charge of the 120 royal rulers of his kingdom.
- ___ The jealous leaders tried to get Daniel in trouble.

Daniel trusted God to be with him—no matter what. And because of Daniel's courage, every person in the land heard about the one true God!"



Day 3

Many of us pray at mealtimes and bedtime, but have you ever tried going to your room to pray during the day like Daniel did?

Just for today, give it a try! Set a timer on your device or just write reminders down so you don't forget. Then, three times today, go to your room and get down on your knees to talk to God.

Try praying about something different each time, like:

- 1) Ask God to show you what you should do today, such as who you should encourage and how you can share His love with others.
- 2) Thank God for always being with you and any other things you want to thank God for.
- 3) Ask God to help you keep being brave enough to do what you should do, even when you're afraid.

There's nothing special about this way of praying, of course, but it can help you remember the story of Daniel and how he showed us that **you can do what you should because God is with you.**

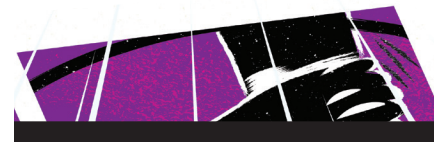
Day 4

You can do what you should because God is with you.

Who is the most courageous person you know? Which person has accomplished some things that seem impossible to you?

Reach out to that person today. If you'll see them, chat in person. Otherwise, give them a call, a text, an email. Tell them you're learning about courage this month, and you thought of them. Ask them what they consider their most courageous act: What helped them do what they should, even though it was scary? Ask them if they felt God was with them the whole time and how that impacted their courage.

Take notes on how they summoned their courage to do something that scared them. You'll need these tips tomorrow!



Day 5

What is the bravest thing you've ever done?

What is something you've always wanted to do, but you let fear hold you back?

- Audition for the school play
- Pray out loud
- Try a new sport
- Order your own food at the restaurant
- Run a 5K
- Make a new friend
- Sleep alone or without a nightlight
- Try a new food
- Other: _____

Circle something above or write your own idea in the blank. Then make a plan to actually do that thing this week. Write down the details of your plan here:

What:

Where:

When:

Who:

How:

Anything else:

Then take a few minutes to talk to God about your plan. Ask God to give you strength, initiative, and—most of all—courage to do the thing, knowing that He is with you!