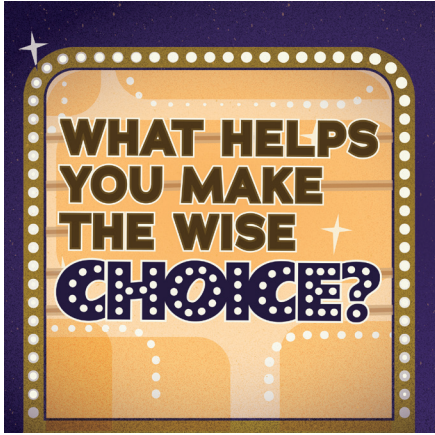


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Series of horizontal dotted lines for journaling.



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:

Day 2

Read Luke 4:1-13

Grab a sheet of paper and draw a line down the middle. On top of the left column, write “Satan’s temptations.” On top of the right column, write “Jesus’ responses.”

As you read Luke 4:1-13, write down each of Satan’s temptations and how Jesus responds to him in the appropriate columns.

It’s encouraging to see that for every temptation Satan threw Jesus’ way, Jesus had an answer for him that came from Scripture. We’ve been given everything we need in God’s Word to combat Satan’s lies—we aren’t on our own!



Day 3

The wise choice is not always the easiest choice, is it?

Thankfully we’re not on our own when it comes to this—God has given us so much wisdom in God’s Word, and we can also pray and ask God for help!

Fill in the blanks to this prayer to personalize it. Then pray it out loud, asking God for help in making the wise choice.

Dear God, thank You for giving me wisdom in Your Word to help me make the wise choice. Sometimes I really struggle with _____

_____, even though I know it’s the wise thing to do.

Please help me remember _____

_____ and to make the wise choice, even when it’s hard. Please give me Your strength and help me to make the wise choice. In Jesus’ Name, Amen.

Day 4

Remembering what’s true can help you make the wise choice.

Sometimes we need help remembering what’s true so we can make the wise choice. Think about a situation where you often struggle to make the wise choice. What do you need to remember to help you during those times? Write it here:

Who is a trusted person who can help you remember this when you need help making the wise choice? Think of someone who is trustworthy, and will lovingly remind you what’s true, pray for you, and encourage you to make the wise choice. Write their name here:

Now, go to that person and ask them to be an accountability partner for you— that’s someone who will hold you responsible for making a wise choice. Share with them the thing you’re struggling with, and what truth you may need their help remembering. Invite them to speak that truth with you whenever they see you struggling to make the wise choice, and ask them to pray for you too!

Day 5

What helps you make the wise choice?

Here are some common situations when remembering what’s true can help you make the wise choice. Look up each passage and then number the situation that matches it.

When...

Being honest might get you in trouble.

You’re about to lose your temper.

You know your parent doesn’t want you to do/see/listen to something.

You see someone getting bullied.

You don’t want to do your chores/ homework/ practice.

Remember...

1) Ephesians 6:1, Colossians 3:20

2) Proverbs 18:9, James 4:17

3) Ephesians 4:25, Proverbs 11:1

4) Psalm 37:8, Proverbs 14:29

5) Isaiah 1:17, Proverbs 31:8-9

When you’ve completed them all, circle the one that you find most relatable or helpful in your life. Where are you when you face this decision usually? If you’re at school, figure out a place to write down the Scripture where you’ll see it—a scrap of paper in your pencil pouch, or at the front of your binder. If you’re at home when you need this reminder, try writing it on your bathroom mirror with a dry erase marker, or on the family white board in the kitchen. Get creative and put it wherever you could use the reminder of what’s true!