

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

How does practice help you?

Journaling lines for the question 'How does practice help you?'



Day 1

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

- 1. You liked:
2. You learned:
3. You'd like to know:

## Day 2

Read 1 Corinthians 9:24-25.

After you read 1 Corinthians 9:24-25, go through the passage and replace as many words as you can with an emoji that represents that word. If you have a device nearby, you can type the passage into a notes app, or even text it to a friend. If you don't, write out the words and draw small, simple pictures to represent some of the words, like a running stick figure and a gold medal.

What did you use for "forever"? It's tricky to illustrate that word, isn't it? In fact, it's hard to even imagine what forever looks like, it's that mind-blowingly huge. But the journey we are on is leading us to forever with Jesus, so we need to keep our eye on the prize of spending eternity with Jesus as we hear from, pray to, talk about, and live for, God!



## Day 3

**Have you ever been walking or running and you saw something to the side that distracted you and you fell?**

It's easy to get distracted by the things around us and take our eyes off the road ahead. It can happen in our spiritual lives too. Instead of focusing on Jesus and following the plan He has for our lives, sometimes we get distracted by the things around us. Starting each day in prayer, asking God to help us stay focused on what's really important is a great way to keep practicing what matters most.

Fill in the blanks to this prayer, and then read it out loud as you talk to God.

"Dear God, thank You for sending Jesus to be our Savior, so that when we put our trust in Him, we can spend forever in heaven with You. Help me to remember that loving You and loving others is what I am supposed to live out, and that takes practice. Sometimes I get distracted by \_\_\_\_\_ and \_\_\_\_\_. Please help me to keep my eyes on You today and practice hearing from You. In Jesus' Name, I pray, amen."

## Day 4

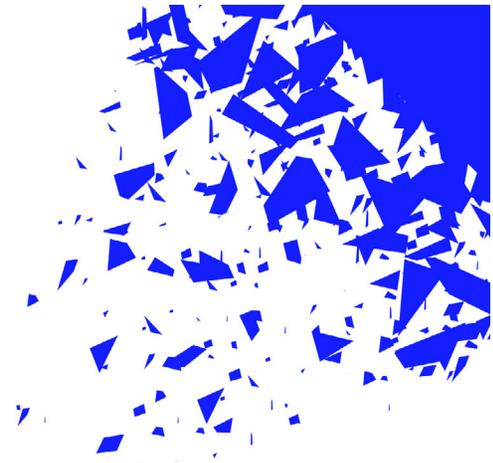
Interview the people you live with—and you can also message or video chat with friends to interview them too—ask them these questions about practice.

Write down their answers.

- ➔ What is something you practice every day?
- ➔ What do you think you've spent the most time in your life practicing?
- ➔ What have you gotten better at through practice?
- ➔ Do you think faith takes practice? Why or why not?

Gather the answers from at least three people, and hold on to them until tomorrow.

**Memory Verse**  
**Training the body has some value. But being godly has value in every way. It promises help for the life you are now living and the life to come.**  
**1 Timothy 4:8**



## Day 5

**How does practice help you?**

Take a few minutes to read through the answers you gathered yesterday about how and what your friends and family practice. Do you notice any common answers?

Here's something really cool about practice: it works! Unlike the common phrase, "practice makes perfect," **practicing your faith won't make you perfect, but it will draw you closer to God** and help you to live out what Jesus said is most important: to love God and love others.

Pick two things you will practice: one for "the life you are now living" (Maybe piano? Math? Soccer?) and one for "the life to come" (Maybe read God's word when you wake up and at bedtime? Practice praying at times more than just meals?). Commit to three days of practicing those two things, and then come back and share how you think your practice has helped you.

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