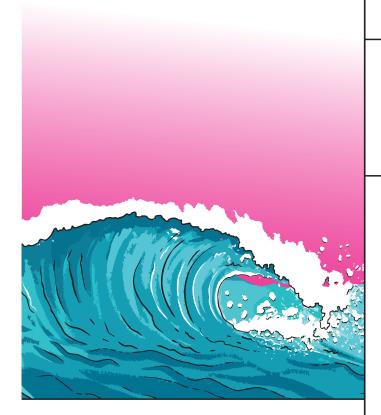
2022

Preteen



Make Waves:

What you do today can change the world around you



MEMORY VERSE

"The fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself." Galatians 5:22-23a, NIrV

Week One

We Love Because God Loved Us 1 John 4:9-13

How can you love others like God does?

Week Two

The Apostles Are Treated Badly Acts 5:17-42

What are things that bring you joy?

Week Three

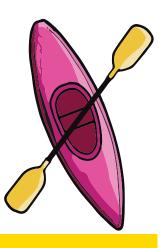
Abigail Intervenes 1 Samuel 25:1-35

What are some ways to make peace?

Week Four

Patience Principle Proverbs 15:18

What can you do when you're feeling impatient?



Preteer

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your kid starts their day, mention something your kid did recently that demonstrates they are growing and maturing.



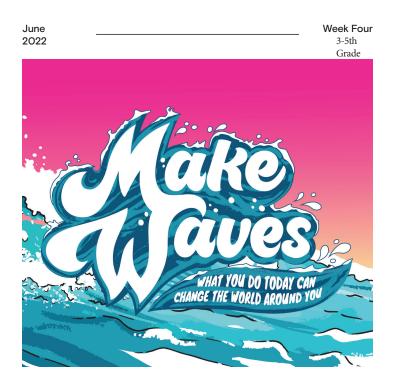
Meal Time

At a meal this week, have everyone at the table answer this question: "How can you love others like God does?"



Drive Time

While on the go, ask your kid: "During this season of the year, what is your favorite treat?"



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:



Bed Time

Pray for each other: "God, thank You for loving us so much. May we not just enjoy being loved by You, but also love others too."

Day 2

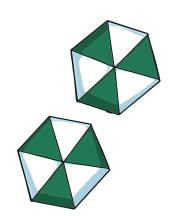
Read Proverbs 15:18

Read Proverbs 15:18 and come up with a way to bring the verse to life, visually. If you like to draw or paint, make an illustration or painting that depicts this truth (it could be a literal example, or something more abstract).

If you're more of an active person, come up with hand motions or body movements that you can do while you say the verse out loud.

Or if you like to sing or play an instrument, come up with a melody that you can put the words of Proverbs 15:18 to-or create a new instrumental song that reminds you of the emotions represented in the song.

If you've created artwork, hold on to it. If you've written a song, find a device to record it, and if you came up with motions, write them down-that way you won't forget them. You'll use them later this week!



Day 3

Move this prayer time into the bathroom.

If you have a tub, fill it up with a couple of inches of water. If not, put the stopper in your sink and fill your sink up with a few inches of water.

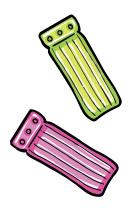
Think about some things that make you really impatient-things that get under your skin and frustrate you. As you think about these things, swirl the water around again and again, stirring up the waves of conflict. Then close your eyes and ask God to help you be patient in each of those situations, describing them and asking God for patience in each case.

Now, open your eyes and look at the swirling water you made earlier. It's already a lot calmer, isn't it? Simply taking a deep breath and talking to God makes choosing patience a lot easier!

Day 4

Find a friend or family member who you know follows God, and share your Proverbs 15:18 creation from earlier this week with them.

First share it with them, then read Proverbs 15:18, and together, discuss how your creation represents the truth found in the verse. Talk about the things that make you impatient, and share ways that each of you have found to choose patience, even in the heat of the moment.



Journal

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



Memory Verse: "The fruit the Holy Spirit produces is love, joy and peace. It is being patient, kind, and good. It is being faithful and gentle and having control of oneself." Galatians 5:22-23

Day 5

What can you do when you're feeling impatient?

It's good to have a game plan of things you can do if you're feeling impatient. On the list of ideas below, number them from 1-10 in the order you feel they would be most helpful for you. Then gather whatever supplies you need to get 2-3 options ready to go to boost your patience whenever you need to!

- Close your eyes and take several deep breaths
- \Box Color in a coloring book or free draw
- Pray and ask God for help Punch a pillow
- □ Repeat the words of Proverbs 15:18 □ Kick a soccer ball around
- Talk to a trusted friend