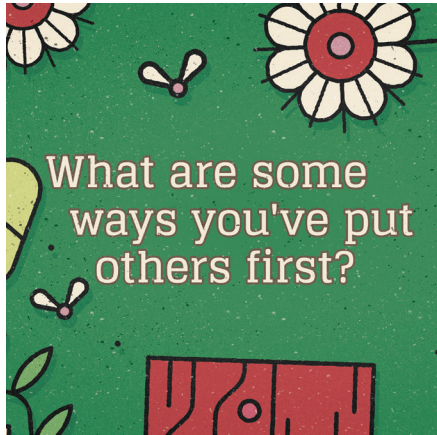


Journal

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

[illegible][illegible]

April
2023

Week Four Preteen



Day 1

After watching, write one thing that:

1. You liked:

THE SO & SO SHOW
Today, watch and write
down your thoughts!
You can find each
week's episode at
www.popmn.org/kidvid

2. You learned:

3. You'd like to know:

Day 2

Read Philippians 2:3-8

As you read verses 3-4, grab a sheet of paper and make a T-chart like the one below. Write what you should or shouldn't do under the correct column.

| DON'T | DO |
|-------|----|
| | |

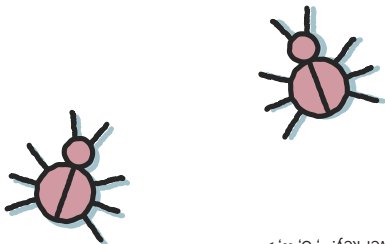
Thankfully, the Bible isn't just a list of 'do's and 'don'ts. The Bible helps us know how to follow Jesus. As you continue reading verses 5-8, use what you learn to fill in the blanks below with the correct math term on the right.

Jesus is __ with God. ∞

Jesus made Himself __ =

He was humble and obeyed God __ >

Death on a cross _ He died. 0



Answer key: =, 0, ∞, >

Day 3

Putting others first and being like Jesus sounds great, but also a bit intimidating.

How do we pull this off? Thankfully we're not alone! We can ask God for help as we grow more and more like Jesus every day.

What do you find is the hardest thing for you as you grow in humility? Write that in the blank of the following prayer, then read the prayer out loud to God, asking for help as you live out humility.

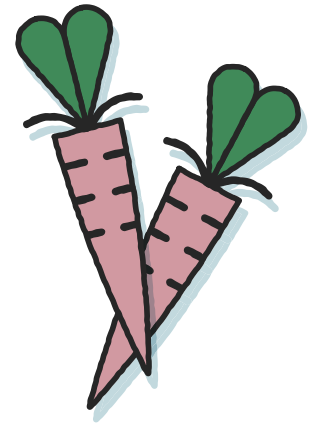
"Dear God, thank You so much for putting me first by sending Your very own Son to save me. I am in awe of Jesus' humility. I want to follow Jesus and put others first, but it's not easy. Please help me to rely on You throughout the day for help in putting others first. I especially need help

In Jesus' Name, I pray. Amen."

Day 4

Think of someone you know who is humble—someone who is always putting others first.

It might be one of your parents, your Small Group Leader, or even a friend your age. Reach out to them and ask their advice on living with humility. Ask them **"What are some ways you've put others first?"**, and take notes as they answer. Circle one of the things they shared with you and then go and do it!



Day 5

Put others first because Jesus put you first.

If we're going to put others first like Jesus did, it seems important to know HOW Jesus did that. We can look at His life and see how He lived out humility.

Thinking about what you know about how Jesus lived and what Jesus taught, try to fill in the blanks.

Jesus talked to __ __ __ first.

Jesus spent __ __ __ with the overlooked.

Give in __ __ __ __ __. (Hint: Shhh)

Do __ __ __ __ than what is required.

Think about how you can live out humility this week like Jesus did: maybe you can spend time with a younger sibling who often feels left out, do an extra chore without being asked, leave a piece of Easter candy on your teacher's desk (without a note!) and start each day talking to God, asking for help living out humility.

Once you have your plan in place, live it out! And be sure and come back and check off each idea as you accomplish it!

(God, time, secret, more)