# Journal

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





# 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:



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#### Read Matthew 16:13-20

As you read Matthew 16:13-20, underline all of the different names mentioned.

Now go back and circle the names that are given for Jesus that are correct.

Lastly, find the word that Jesus uses to describe Simon Peter. (Hint: You find it in nature.)

There are a lot of different names and descriptions in this conversation that took place between Jesus and the disciples—it can get a little confusing! But that's one reason it's important to **practice talking about God.** We can learn a lot through our conversations with each other about God!

# Day 3

Do you have people in your life with whom you can practice talking about God?

It could be a friend at church, your parent or caregiver, your small group leader, or even your brother or sister. If you do, write their name here:

Do you have time set aside where you can practice talking about God? Maybe it's at bedtime, or at church? If you do, write it here:

Now, talk to God about talking to God. If you were able to write down people and places where you can practice talking about God, make your prayer a prayer of gratitude—thanking God for the people in your life that point you to Him, and for the opportunities He gives you to live out commitment to Him. Ask Him to continue to guide you as you practice talking about Him.

If you didn't have people or places you could write down, ask God for help. Ask Him to put people in your life who can help you practice talking about God. And ask Him to show you where are some natural places for you to practice talking about God. Close your prayer by asking Him for courage and wisdom as you commit to talking about Him more.

## Day 4

Sometimes it's intimidating to talk about God with others because you think you don't know enough.

Maybe you're worried someone will ask you questions that you don't know the answer to. The good news is no one knows everything about God. He is so powerful and wonderful that it's impossible for us as humans to understand everything about Him. In fact, a lot of the questions you have, your friends and family may have to.

So today, **practice talking about God** by finding someone else who follows Jesus and talking about one of the common questions below. As you talk, you may not discover the answer, but you will likely learn something about God and each other—and next time, maybe you will find it even easier to talk about God with others.

- → What do you think God looks like?
- What is your favorite story from the Bible?
- Why do bad things happen to good people?
- → Why should we go to church?
- → What is your favorite Bible verse?
- Does God answer our prayers?



#### Who can you talk to about God?

A couple of days ago, you prayed for God to provide opportunities to practice talking about Him. Today, you get to seek out those opportunities and make the most of them.

Write out a quick schedule of your day. You don't need times, just places and people.

Next, figure out what you can talk about with those people in those places. Here are some ideas:

- ⇒ Ask them how you can pray for them
- Share with them what you are learning about commitment
- Ask them if they've been learning anything about God
- ⇒ Share your favorite Bible verse
- Invite them to go to church if they don't already

Next, figure out a way to remind yourself to practice talking about God according to the plan you've made. You could write the letters TALK ABT GOD on each of your fingers. You can set reminders on your phone or device.

Lastly, see it through! Live out commitment by putting your plan into action! Look for places and people where you can practice talking about God, and get to talking!

