

Journal

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

WHAT DO YOU HAVE THAT YOU CAN USE TO HELP OTHERS?

February
2022

Week Three Preteen



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:

Day 2

Read John 6:1-13

Grab a sheet of paper and your favorite drawing utensils. Read John 6:1-13 and every time you get to a number, illustrate that object. (So, draw five loaves of bread, two fish, etc.)

When you get to 5,000, you obviously don't have to draw 5,000 people. But draw as many little circles as you can until your hand gets tired. Lastly, draw a stack of 12 baskets.

When you see this story by the numbers, it's kind of cool, isn't it? **It's amazing to see what Jesus was able to do when a little boy offered what he had!**



Day 3

Do you often find yourself praying and asking God to provide things for you?

It's normal. God wants to hear your needs. But we can also ask God to help us help others! God can show us what we have and give us compassion toward others and use what we have to help others.

We often pray with our eyes closed. Pray this prayer with your eyes open: not only so you can look around the room, your house, and even in the mirror to see what you might have that God wants you to use to help others! (Hint: As you fill in the blanks, don't just think about physical resources, but also things like talents and time.)

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“Dear God, thank You for all that You  
have given me. Even now, looking  
around this room, I see .....  
and .....

And I know that my family has plenty of  
..... and .....

And you've also given me the talent of  
.....

Please show me how I can use these  
things to help others. In Jesus' Name,  
I pray. Amen.”

## Day 4

### The day that Jesus fed the hungry crowds with five loaves of bread and two fishes, the whole miracle started when Jesus first saw the need of the people who had come to hear Him speak.

You can't help others until you see their needs.

The next meal you share with family or friends today (bonus points if you're eating fish and bread!), talk about the needs you see around you. It may be people in your community who are hungry or need a place to stay, or it could be someone in your neighborhood, school, or church who is going through a hard time and needs some extra support.

As you share the needs you see, talk about what your family or friend group might be able to do to help. What do you have as a collective group that could help someone else? If you bring your resources together, you will likely find there's a lot you can use to help others!



## Day 5

### What do you have that you can use to help others?

Grab a sheet of paper and number it 1-10. Next to each number, write something that you're grateful for.

Go back and look at your list. Which of these things could you use to help others? Chances are good that you can use just about everything on your list, if you think creatively.

Like, maybe you wrote down “my friends.” That might not seem like something you could use to help others unless you think about that kid who’s always sitting alone at lunch. You and your friends could invite that kid to sit with you!

Or, maybe you wrote down “soccer” or whatever sport you play. You could offer to help a younger kid learn a new skill or you could organize a pick-up game in your neighborhood.

Circle two items on your gratitude list that you can use to help others this week. Then make a plan and make it happen!