

Journal

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



Preteen

Week 3



Day 1

Go to Studio252.tv 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: _____

3. You Learned:

3. You'd like to know:



PARENT CUE

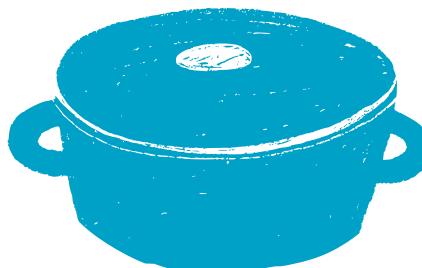
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Day 2

Read Genesis 25:24-34 out loud, but instead of reading the way you normally do, read it as though you're performing on a stage, or sharing the story with a little kid.

Use lots of energy and enthusiasm. Use dynamics—get soft when you're talking about Jacob, and get loud and animated when you're reading things Esau says. Be as dramatic as you can, and maybe even try acting out some of the physical cues in the story.

How did it feel to do that? Even if you felt silly, did you perhaps pick up on some details you missed before because you were acting it out? If so, write them here: _____



Day 3

Did you know it's possible to pray silently?

You probably do it all the time without even realizing it. Maybe when you're in school and you're struggling to figure out the answer to the test, you might silently ask God to help you remember what you studied. Or when you see beauty outside, like a majestic mountain or the endless sea, you might silently thank God by recognizing His creation.

In many ways, silent prayer takes patience. It means instead of filling the space with a lot of your words, you're sitting quietly, perhaps thinking prayers to God, or maybe just listening to see what He might have to say to you.

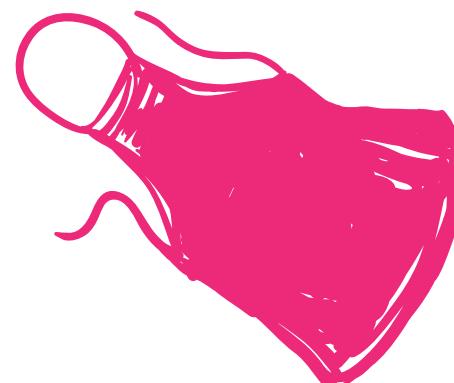
Try it today. You can set a timer for a few minutes if you'd like. Try just focusing on God, His goodness, or His creation. Think about the things He's done for you, the truth about Who He is and just sit in the stillness. Don't miss what God might have to say to you in the silence.

Day 4

Just like we can learn from the stories of people like Jacob and Esau in the Bible, we can also learn from our friends and family and their stories.

Today, you're going to do just that. Grab a sheet of paper and a pen. Then go around and interview everyone you can find. Ask them the following questions:

- 1) Have you ever missed out on something because you didn't wait?
- 2) If yes, what do you wish you had done differently?
- 3) If no, what is something that you work hard at being patient so that you won't miss out?



Day 5

What could you miss out on by not waiting?

Esau missed out on a lot—his entire inheritance as the first born—because he didn't wait. You probably won't miss out on your inheritance, but your conversations with your friends and family yesterday may have given you some ideas of what you might miss out on if you don't wait.

So how do you wait? One thing that can help is by memorizing truth from God's Word that can give you the strength you need. If you haven't already, work on memorizing this month's Bible verse:

Wait for the Lord. Be strong and don't lose hope. Wait for the Lord, Psalm 27:14, (NIV).

Here are some tips for memorizing:

- 1) Break it down into smaller pieces.
- 2) Read it out loud.
- 3) Write it down.
- 4) Come up with motions for the words.
- 5) Repeat it a lot!

In fact, writing it down is great because you can also encourage others by hanging the words in a place someone else will see them. Write out Psalm 27:14 (feel free to use fun markers and fancy fonts!) and hang it in the kitchen or by the door everyone uses. It will remind everyone in your family to wait for the Lord!