

Commitment means making a plan and putting it into practice.



Read Psalm 119:105

DAY
1

I Hear You!

God gave us a way to hear from Him any time we want by giving us the Bible. The Bible, is filled with the words of God, written down by many different people over hundreds of years. Reading the Bible is one of the best ways for us to find out what's true and important. Pick out a story tonight to read with a parent before bed.

Ask God to help you hear Him.

DAY
2

My Guide

Look up Psalm 119:105 and read the verse out loud. What do you think this verse means? Find a flashlight and go into a dark room. Now, turn the flashlight on. That's exactly what this verse means. Wherever you shine the flashlight you can see where to go. And it's the same for God's Word. It will be our guide and show us the way, when we need it!

Remember that God's Word can be your guide.

Practice hearing from God.

DAY
3

Rock Solid

With and adults help, look up our story from this week: Matthew 7:24-29. Spend some time talking about what this verse means. Ask any questions you have.

Then, gather some sand (or sugar) and a rock. Place a cup of sand in a bowl and put one hand in it. Then put a rock in the other hand. It seems so obvious which one would be a better choice for a foundation, doesn't it? The rock will be a much better foundation just like doing what God says in his Word and not just reading it! Let's pray and ask God to help us!

Dear God, Thank You for giving us Your Word as a guide and as a way for us to hear from You. Help us to not just read Your Word, but to do what it says. Amen.

DAY
4

Sword Drill

Today, you're going to have a sword drill. In Hebrews 4:12, the Bible is described as being sharper than any two-edged sword. Gather your family around and as many Bibles as you can find. When everyone is ready with a Bible in hand, you say "draw your sword" and they should raise their Bible in the air. Then, shout one of the verses listed below. The first person to find the verse and read it, wins that sword drill. Continue through all the verses listed.

Deuteronomy 6:5, Ephesians 4:32, John 3:16, Romans 8:28, Matthew 28:20, Genesis 1:1



Practice hearing
from God.

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DAY 1

Read Matthew 7:24-25

What happens if you build an elaborate castle near the edge of the water at the beach? Yep, the tide will take that beautiful creation down in no time.

God has given us His word (the Bible) to show us how much He loves us. When we read it and follow what it says, we will be like a wise man who built his house on a firm foundation. Jesus spoke these words to remind us that it's not enough just to hear them. **A wise man follows through in obedience.**

Think about your caregivers. When they ask you to do something, is it enough simply to listen? NO! When your mom asks you to clean up your room, it doesn't matter if you hear her, it matters if you get busy cleaning up!

Find a smooth rock outside and write Matthew 7:24-25 on one side. On the other, write OBEY. Place your rock next to your bed as a reminder to practice hearing from God this week and then following through with what He teaches you in obedience so you will be wise.

DAY 2

Read Matthew 7:26-27

Yesterday we learned that when we read God's word and put it into practice, we will be wise! But the opposite is true. If we read God's word and then turn around and do our own thing, God says we will be like fools!

God wants us to build our lives on the Rock, on Jesus! But it's more than just trusting Jesus as our Savior. Being a follower of Jesus requires us to actually follow Jesus. To do life the way He tells us to live.

Look up the following verses. On a separate piece of paper, write down what Jesus is asking you to do in your own words.

- Matthew 5:43-44
- Matthew 6:1-4
- Matthew 7:1-2

Pick one of the sentences you've written and ask God to help you do what **He says this week so you can be wise instead of foolish!**



DAY 3

Read Hebrews 4:12

Do you know what a double-edged sword is? It's a sword that cuts both ways. Romans used these weapons in battle. The writer of Hebrews reminds us that God's word is alive, that means it's constantly moving and active. When we read God's word, it has the power to cut right into our hearts, showing us what's really inside of us. It helps to point out any wrong thoughts or attitudes. When you spend time reading God's word, it can help you see the things you need to change.

With help from an adult, grab a piece of cardboard, some foil and a sharpie or permanent marker. Ask an adult to cut the cardboard into the shape of a sword. Cover your cardboard sword in foil. Write out HEBREWS 4:12 on the side of your sword with the marker.

DAY 4

Read 2 Timothy 3:16-17

Second Timothy was written by the missionary Paul to his student, Timothy. Paul wrote to encourage him and make sure he was prepared to teach others to follow God. Timothy's mother and grandmother had taught him the scriptures as a child. Paul is reminding him to stay true to what he's learned.

God-breathed means this is the very word of God.

It's useful for teaching us what's _____.

E U T R

It's useful for correcting our _____.

I A S M K T E S

It's useful for training us to do what is _____.

G H T I R

Each time you read God's word, you can look to answer these three questions.

- ➔ What is true?
- ➔ What does God say I should do?
- ➔ What does God say I shouldn't do?

Thank God for giving you His word to show you what's true, what you should do and what you shouldn't do.



Journal

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

How can you hear from God?



PARENT CUE

Download the free Parent Cue App
AVAILABLE FOR IOS AND ANDROID DEVICES

Preteen

Week 2



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:

Day 2

Read Matthew 7:24-29.

Gather up these items—or something similar—from around the house.

- A hammer or something you can safely use to strike another object
- A cookie/baking sheet or something you can safely strike without breaking (but that will make a loud sound!)
- Uncooked rice, beans, or other small objects
- A piece of aluminum foil
- A pitcher of water
- An empty glass
- Salt
- Bible

As you read through Matthew 7:24-29, use the objects to make sound effects representing the action in the story. You can experiment with it, but here are some ideas:

- Gently hit the cookie sheet with the hammer to make building sounds.
- Drop the rice/beans on the aluminum foil to make the sound of rain.
- Pour the water into the cup for the sound of the water rising.
- Pour salt on the aluminum foil for the sound of the sand.
- Making wind sounds by making an 'o' with your mouth and vocalizing while you blow.

After you do this once, round up as many family members as you can, and share this story with sound effects for them! Talk together about what you think Jesus means with this story.

Day 3

We think of praying as talking to God—and it is! But have you ever had a conversation with someone where only one person talked the whole time?

Today, try praying in a different way: by listening to what God might have to say to you. Here's how you can practice: start out with the saying these words below to God, and then close your eyes and just listen.

"Dear God, thank You for wanting to speak to me. I know sometimes I'm too busy telling you what I think I need or what I want. Help me not miss the wisdom You want to share with me through Your Word and the Holy Spirit. In the next few minutes, please fill my mind and heart with Your truth and help me hear what You want to say to me.

Don't worry—you won't hear a heavenly voice booming out loud. But if you sit and listen ...

You just might feel God's love that He promised to offer us in His word. You might hear His creation—maybe the song of a bird, or your dog barking. You may recall the passage you read yesterday about the wise and foolish builder—or some other Bible verse you've read.

There's a lot that God wants to communicate with us when we practice hearing what He has to say.

Day 4

Did you know that sometimes God talks to you through other people?

It's true! Start out by surrounding yourself with people who are also following God by hearing what He has to say and putting it into action. Then you will find that the advice they share with you is wise, because it comes from hearing what God has to say in His word!

Reach out to someone today who you know practices hearing from God. It may be your small group leader, or a parent or grandparent, or maybe it's even a friend your age. Talk with them about what God has been teaching them lately. Ask them to share a Bible verse that means a lot to them, and if there's a book of the Bible they think you should read this month. Lastly, ask them to pray with you and for you—that you would hear from God each and every day.



Day 5

How can you hear from God?

There are so many ways you can hear from God!

- ➔ You can read His Word—the Bible.
- ➔ You can talk to Him and listen to what He might have to say to you through His Holy Spirit.
- ➔ You can talk to another friend who follows God too.
- ➔ You can listen to songs that teach truth about God.
- ➔ You can take a walk in nature and listen to God's creation.

Pick one of these that you've tried before, and one that you haven't. Over the next couple of days, practice hearing from God by using these ways you've chosen. You may discover a new way of hearing from God!