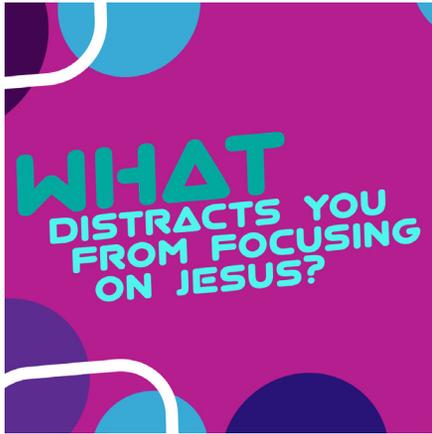


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the first question.

Journaling lines for the second question.



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!

SO & SO TOP 3

After watching, write one thing that:

- 1. You liked:
2. You learned:
3. You'd like to know:



Day 2

Read Matthew 14:22-33

Grab a sheet of paper and some coloring/drawing supplies. As you read Matthew 14:22-33, illustrate what you read.

When you're finished, you should find the following things on your canvas: a boat with the disciples, a mountain, Jesus praying, waves crashing against the boat, Jesus walking on the water, Peter sinking into the water, Jesus pulling Peter from the water, Jesus and Peter back in the boat.

Lastly, illustrate what you think the disciples worshipping Jesus in the boat looked like. You can use captions to write the things they might have said to Him.

What would you have said if you had seen Jesus walk on water, and then Peter walking and sinking?

P.S. Save your drawing—you'll use it later this week!

Day 3

There are a lot of things that affect whether something will sink or not, including its shape.

For example, a ball of clay will sink right away, but if you flatten it out to make it like a raft, it will float. (If you have some clay on hand, you should test this out!) Prayer can be like a raft for us during life's storms. It doesn't take us out of the wind and the waves, but it keeps us floating and focused on Jesus.

What storm are you currently facing? Take a few minutes to pray and ask God to strengthen you against the waves and wind. Or maybe you just came out of a storm—this is the perfect time to thank God for carrying you through, and to reflect back on how your confidence may have grown as you focused on Jesus.

Use the words from Psalm 107:28-31 (NIRV) as a prayer. Change the "they" to "I", the "their" to "my", and the "them" to "me."

Day 4

Who is someone in your life who exudes confidence?

Someone who always seems to have their focus on Jesus, and sees themselves the way God sees them? Ask that person if you can grab some ice cream or go for a walk and have a chat. While you talk, pick their brain about their confidence. Here are some ideas for questions you could ask them:

- 1) Where do you think your confidence comes from?
- 2) Was there ever a time that a "storm" in life almost took you down?
- 3) How did you stay focused on Jesus during that time?
- 4) What are some things you do every day that help you keep focused on Jesus and stay confident?

Have fun sharing with each other ways you can **stay focused on Jesus**.

Day 5

What distracts you from focusing on Jesus?

Grab the illustration you made earlier this week. Look at the part where Peter starts sinking. What do you think happened in that moment? According to Matthew, Peter took his eyes off of Jesus and focused on the massive waves the wind was whipping up around him.

Get two more sheets of paper and some tape, and this time, on one of the pieces of paper, do your best self-portrait and draw yourself walking on the water. Around yourself, write things that distract you from focusing on Jesus.

Next, cut up the other sheet of paper into small strips that can cover up the words you wrote down. On one side, write the word JESUS in big letters, and then use a piece of tape to tape them over the distractions you wrote down. Only tape one side, so you can still lift and see what you wrote underneath.

When the storms of life come your way, focus on Jesus, and not the wind and the waves. It doesn't mean those things will go away, but when you focus on Jesus, they will fade to the background and give you the confidence to weather the storm!