

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



A series of horizontal dotted lines for journaling, starting below the 'What are you good at?' graphic and extending down the page.



Day 1

After watching, write one thing that:

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!

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read Acts 16:13-15

Read this interpretation of Acts 16:13-15 and write the word in that you think matches the emoji. Then go back and read the passage in the Bible and see if you got it right!

On the Sabbath day we went outside the 🏢 gate. We walked down to the 🌊. There we expected to find a place of 🙏. We sat down and began to speak to the 👩👩👩 who had gathered together. One of the women 👂 was from the city of Thyatira. Her name was Lydia, and her business was selling 💜 cloth. She was 🗨️ God. The Lord opened her ❤️ to accept Paul's message. She and her 👨👩👧 were baptized. Then she invited us to her 🏠. "Do you consider me a believer in the Lord?" she asked. "If you do, come and stay at my 🏠." She ✅ in getting us to go home with her.



Day 3

Last week, you did a bit of investigation to find out some of the unique ways God gifted you.

But discovering who you're meant to be is just the first part of individuality. Once you discover who God made you to be, you use all those gifts and characteristics God gave you to make a difference! So it's time to ask God to show you how you can use what you've learned about yourself to use your gifts to help others.

Paul wrote these words in a letter to the Jesus followers at Philippi, including Lydia, who used her talents and resources to help others.

"God began a good work in you. And I am sure that he will carry it on until it is completed."

Use those words to talk to God about how He might use you and your gifts to do good things!

~~~~~

"Dear God, thank You for beginning a good work in me. I can see that You've given me the gifts of ..... and the resources of ..... that I can use to help others and show them Your love. Just as Paul wrote to the church at Philippi, I am sure that You will keep doing good things through me. Please show me one way today that I can use my gifts to do good. In Jesus' Name, I pray. Amen."

## Day 4

---

Last week you interviewed friends and family to ask them how God uniquely made you and to help you see yourself the way that Jesus does.

Today you're going to go back to those same people for a follow-up interview. This time, the focus is on the gifts and talents and skills that you have—it might be something physical like sports or playing an instrument, or something more intangible like being an encourager or being a positive person. Make a list of everything that anyone mentions, and don't be afraid to add to the list yourself. It's okay to know what you're good at—in fact, that's the first step to using your talents and gifts to do good things!



## Day 5

---

### What are you good at?

Have you ever seen a coat of arms? It might look like this:

A coat of arms is a symbol used to identify families or individuals. Today, you're going to use the list you made yesterday to make a coat of arms that represents you!

Grab a sheet of paper and your favorite art supplies. Then draw the outline of the coat of arms. Inside it, draw symbols that represent you. There might be a soccer ball, a guitar, a book, a cake, and a heart. Or maybe your coat of arms has a video game controller, a chess piece, and a horse. Whatever it looks like, it should look like you!

Now think about each symbol represented on your coat of arms. How can you use each gift or talent you have to serve others? Add additional symbols, drawings, or words that will remind you of how you can make a difference.

Once your coat of arms is finished, find a special place to display it where you will see it every day. Make a point of picking one symbol each day that you can be intentional about using to help others and shine God's love!