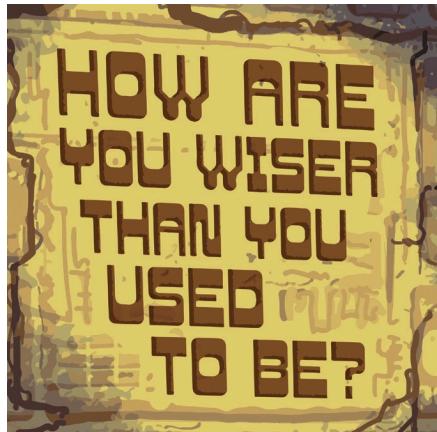


Journal

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



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JUNE

2025

Week Five 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:

3. You learned

3. You'd like to know:

Day 2

Read Romans 12:2

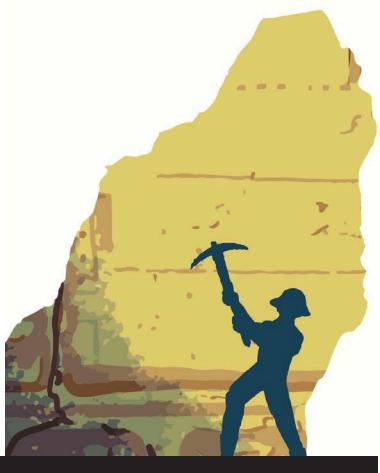
How do you think you learn best?

If you're an athlete, you might learn by moving.

If you're a singer, you might remember things you say out loud, or hear.

If you're a writer or artist, it might be easiest for you to learn things that you write down, or illustrate.

If you want to make your thoughts line up with God's thoughts, you need to get His Words in your brain! Memorizing His truth will help you make wise choices. As you read Romans 12:2, pick the best way for you to memorize the words. You can come up with motions. You can sing it to a tune, or just repeat it out loud a lot. You can write it down and hang it on your mirror. You can use fun markers and crayons to make word art. It doesn't matter how you get God's Word in your heart and mind, but however you get it there, you will find your thinking changed to be like God's!



Day 3

~~You've been searching for wisdom for a whole month now.~~

But completely changing your way of thinking takes time. It's something you and God will be working on your whole life. Every day, as you talk to God, ask Him to continue showing more and more of who He is to you—and to keep transforming your thoughts to match His, so that you will know what you should do. Here is a prayer based on Romans 12:2 that you can pray each morning, so you will never stop growing in wisdom:

Dear God, I don't want to live the way the world lives. I want my thinking to be completely changed so that I can know what it is You want for me. I want Your way, not mine. Thank You for Your plan that is good and pleasing and perfect. Please continue to show me what to do, and to help me do it. In Jesus' Name, I pray, amen.

Day 4

~~There are a lot of voices in your head all day. Some are voices you should be listening to—like those of your parents, your teachers, your wise friends, and of course, God's.~~

But some of the voices aren't so helpful. There are some voices that encourage us to do things we know we shouldn't. Voices that tell us we're not good enough, that we're not loved just the way we are. That God couldn't possibly love us.



Growing in wisdom requires growing in your knowledge of God's Word. The more you know the truth, the more you can recognize the lies.

If the voice tells you that you know better than God does, speak this truth to the lie: **"Trust in the Lord with all your heart. Do not depend on your own understanding."**

If the voice tells you that things will never get better and that God doesn't care, speak this truth to the lie: **"Don't worry about anything. No matter what happens, God's peace will watch over your hearts and your minds."**

If the voice tells you that you are not worth of God's love, speak this truth to the lie: **"I am absolutely sure that not even death or life can separate us from God's love."**

When the voices you hear don't line up with the truth from God's Word, talk to a friend, parent, or small group leader who will speak the words you need to hear—the words that will change your way of thinking, so you can know what it is that God wants for you. Never stop growing in wisdom.

Day 5

~~Get your fun pens and markers out and take down your Wisdom Wall. How much room do you have left?~~

If you have enough space, consider writing out the words of Romans 12:2: *Don't live the way this world lives. Let your way of thinking be completely changed. Then you will be able to test what God wants for you. And you will agree that what he wants is right. His plan is good and pleasing and perfect.* (NIV)

If you don't have a lot of space left, just write the words "Renew your mind" and "Grow in wisdom" to remind yourself that searching for wisdom is a lifelong journey. The more you know about God's character, and the more you focus on the truth found in His Word, the more you will know what the wise choice is in any situation.

Look over your Wisdom Wall. What have you learned? How are you wiser than you used to be? As you hang your Wisdom Wall back up, thank God for all the ways you've grown in wisdom!