

PRETEEN

START  
HERE!

FLIP THIS PAGE OVER  
TO GET STARTED!

## HOW DOES ALL OF THIS WORK?

Easy. Every box includes a challenge card and activity pack for each kid and a lesson pack for each age group. The challenge card "drives" all the content. Three activities to complete each week, three activities to complete each month. Check out all the activities below!



### **WATCH IT - WEEKLY VIDEO CONTENT**

Every week, we have new video content for you to watch online. Go to the link we provide in your box to Watch It!



### **DO IT - WEEKLY ACTIVITY**

Every week, we provide a "Do It" activity In your lesson pack. Detailed Instructions are Included and most of the materials needed are included in the activity pack.



### **TALK ABOUT IT - WEEKLY DISCUSSION**

Every week, we provide 1-2 questions to ask a grownup. Once they give their answer, they'll ask you the same questions. It's a fun and easy conversation!



### **MEMORY VERSE**

Every month, we introduce a new verse to memorize. It's the anchor passage for the month's content and is worth committing to memory!



### **ZOOM EVENT**

Every week, we host a 20-minute event on Zoom. It's a fun and interactive event where kids connect with a leader around this month's content. Calls happen weekly, but you only need to attend once a month (it's the same event each week).



### **FAMILY ACTIVITY**

Every month, we provide a parent-led family activity, usually a fun activity or conversation that can happen during a meal or at bedtime.

## **COMPLETE YOUR CHALLENGE CARD**

Three activities every week and three activities every month. Complete every activity and you'll win a special prize. How fun is that?



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## WATCH IT

Follow the link in your box to watch this week's service video



## DO IT - WEEKLY ACTIVITY

Next, here is a quick activity to do with someone in your family

### FRIENDSHIP KEY CHAINS

**WHAT YOU NEED:** Key chains, strings, and “Party Favor Lanyards”  
**Activity Page**

#### WHAT YOU DO :

- Have you ever been to a birthday party where you were given a party favor when you left (a small gift bag to take home)? What's the coolest one you've ever gotten?
- Today, you're going to make a party favor for a friend—a key chain lanyard you can give to anyone you'd like!
- Lay out the activity page with the patterns, along with the key chains and string.
- Make both key chains, following the pattern given, or come up with your own pattern.
- Read this scripture:
  - “Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”  
Ecclesiastes 4:9-12 NIV
  - In the Scripture from today, we learned that a “cord,” or a braid or twist, can't be easily broken. Why is that?
  - Who are you going to give your key chain to and why?
  - Hint: fibers that are twisted or braided are stronger than the same bundle of fibers that are straight because the cord has more capacity to stretch.
  - What does this have to do with friendship? How do your friendships make you stronger?



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## TALK ABOUT IT - DISCUSSION

Find a grown up and take turns answering these questions

1. Who is your best friend? What about when you were younger, who was your best friend?
2. What made them your best friend (Ex: same interests, you lived on the same street, played sports together, etc.)?
3. Why is it important to choose your friends carefully?



## DON'T FORGET YOUR MONTHLY CHALLENGES



MEMORY  
VERSE



ZOOM  
EVENT



FAMILY  
ACTIVITY



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## WATCH IT

Follow the link in your box to watch this week's service video



## DO IT - WEEKLY ACTIVITY

Next, here is a quick activity to do with someone in your family

### SPOONS

**WHAT YOU NEED: 1 Set of "Spoon Cards" deck; 4 neon spoons**

#### WHAT YOU DO :

- Review the story of David and Jonathan by reading 1 Samuel 20.
- Gather your family together to play (you can play with up to 5 people)
- You will be playing the game "spoons" but with David and Jonathan "Spoon Cards" instead of playing cards.
- The goal of the game is to collect four of the same cards AND not be the last person to grab a spoon.
  - Start the game by arranging all the spoons in the middle of the group. (You need ONE FEWER spoon than the number of people playing.)
  - The dealer shuffles all the cards and deals four cards to each player.
  - The dealer should keep the remaining cards in a pile in the middle of the group.
  - At the beginning of each round, the dealer takes a card off the top of the deck (to have five cards in his hand), they then remove one card from their hand and pass it face down to the player on their left.
  - This continues around the circle of players with each player taking a card from the person on their right, choosing a card to discard and passing one card on to the next player.
  - Each player discards to the person on their left.
  - The last player places his discarded card into a discard pile.
  - The dealer continues to pick up a new card while everyone also continues to pass cards to the person on their left.
  - The dealer sets the pace for the game; they can go as fast as they can, as long as they are only drawing one card at a time and discarding one card at a time.
  - If at any time the pile of new cards runs out, pause to reshuffle the discard pile and keep going.



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- Play continues quickly until someone gets four of a kind.
  - At that time, the player takes a spoon from the center.
  - Once the player with four of a kind takes a spoon, anyone can take a spoon.
  - The player left without a spoon is out.
- Remove a spoon, and play another round.
- Once there is a winner (only one person left) lay all the cards out and work as a group to get them in the correct order of the Bible story.



## TALK ABOUT IT - DISCUSSION

Find a grown up and take turns answering these questions

- 1. Tell me about a time that you helped a friend. Did they ask or did you offer without them asking?**
- 2. What do you admire about David and Jonathan's friendship? What makes them such a good example of great friends? Has anyone ever had a friend like Jonathan, someone who put your needs before his or her own?**



## DON'T FORGET YOUR MONTHLY CHALLENGES



MEMORY  
VERSE



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EVENT



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## WATCH IT

Follow the link in your box to watch this week's service video



## DO IT - WEEKLY ACTIVITY

Next, here is a quick activity to do with someone in your family

### VERSE TO TAKE WITH YOU

**WHAT YOU NEED: Verse Cards, note cards, Bible or Bible App, (blank paper and something to write with - not included)**

#### WHAT YOU DO :

- Read the following verses aloud, found on the Verse Cards.
  - 1 Thessalonians 5:11
  - Proverbs 27:17
- Discuss what they mean with someone in your family. What can you learn from these verses?
- On the backside of the Verse Cards, read the phrases inspired by the verse.
- Collect the cards and (secretly) pick a phrase from any card to use to play a guessing game on a piece of blank paper.
- Game directions:
  - Draw a number of blanks equal to the number of letters in the phrase at the bottom of the play area (include spaces between blanks for a new word).
  - For example, if you chose the phrase "way to go," you would draw three blanks, a space, two blanks, a space, and two more blanks.
  - Take turns asking others to guess a letter that appears in the secret phrase.
  - If they guess a letter that DOES appear in the phrase, fill it in the correct blank(s).
  - If they guess a letter that does NOT appear in the phrase, write that letter over to the side so no one picks it again.
  - \*For extra fun, play it like you would "Wheel of Fortune" and give 100 points for each correct letter/guess.
  - If someone can guess the correct answer, give them 300 points.
  - The person with the most points at the end gets to pick the next phrase from the notecards.



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- OPTIONAL: Use additional Verse Cards that do not include phrases. Look up the verses, think about them and write down a couple encouraging phrases.
  - Ephesians 4:29 and Proverbs 17:17
  - The phrases can be directly inspired by the verses you just read or any other encouraging phrases you come up with.
  - Examples: You can do it! You're doing great. What a wonderful idea. That's awesome! I really appreciate you. Way to go!
- Share some ideas for how you can put these phrases to use this week.
- Close the activity by having someone choose a verse from earlier to write on a notecard and put somewhere in your home as a reminder of what God says about encouraging others.



## TALK ABOUT IT - DISCUSSION

Find a grown up and take turns answering these questions

1. **Have you ever had a friend that wasn't a good influence? What did you do?**
2. **Why is it important to avoid surrounding yourself with bad influences?**



## DON'T FORGET YOUR MONTHLY CHALLENGES



MEMORY  
VERSE



ZOOM  
EVENT



FAMILY  
ACTIVITY





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## WATCH IT

Follow the link in your box to watch this week's service video



## DO IT - WEEKLY ACTIVITY

Next, here is a quick activity to do with someone in your family

### MAKE IT PERSONAL WITH PRAYER

**WHAT YOU NEED:** "Verse Puzzle" Activity Page, Bible or Bible App, (something to write with, scissors and tape - not included)

#### WHAT YOU DO :

- Work together to fill in the blanks on the puzzle using a Bible or Bible App.
- When you're done, take time to cut out the puzzle pieces.
- Shuffle the pieces around and race to see who can put the verse together the quickest. Time people with a stopwatch or timer. You can do this as many times as you want with as many people as you want.
- When you're done... use tape to connect the verse back together.
- Find a place to display the puzzle somewhere in your home for the next couple of weeks.
- Forgiveness can be so hard and you definitely shouldn't let friends continue to hurt us. But friends forgive one another, even when it's hard.
- Pray for your family and friends, asking God for help forgiving:
  - "Dear God, thank you so much for your gift of forgiveness. Thank you for preserving the story of how Jesus forgave Peter so we could learn from it. And we thank You so much for forgiving us. Thank you for loving us no matter what. Please give us the courage to ask for forgiveness when we hurt others or upset them, and give us the courage and love to forgive others, too, when they hurt us. We praise you for the freedom that comes with forgiveness. In Jesus' name we pray. Amen!"



## TALK ABOUT IT - DISCUSSION

Find a grown up and take turns answering these questions

1. Tell me about a time when someone asked for your forgiveness. What happened? Did it take a long time for you to forgive them? Why?
2. Tell me about a time when you needed to ask for someone else's forgiveness. What happened? Did it take a long time for the person to forgive you?



## DON'T FORGET YOUR MONTHLY CHALLENGES



**MEMORY  
VERSE**



**ZOOM  
EVENT**



**FAMILY  
ACTIVITY**