Journal

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





Day 1

Preteen

Go to Studio252.tv 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:

| 2. You | learne | d: | | |
|--------|-----------|--------|----|--|
| | | | | |
| 3. You | 'd like t | o knov | /: | |

PS PARENT CUE

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

Day 2

Read Exodus 32:1-20

As you read Exodus 32:1-20, use emojis to illustrate what you read. You can draw simple ones yourself, or use the notes app on a device to create your emoji re-creation. Here's an example of what the beginning of the story might look like:



Keep going until you've told the whole story in emoji-form. Then save your piece of paper or note for later this week.



There is so much that is true about God!

- God is with you. (Isaiah 41:10)
- ➡ God will give you peace. (Isaiah 26:3 and John 16:33)
- ➔ God will never leave you. (Deuteronomy 31:8)
- ➡ God will guide you. (Psalm 32:8)
- ➡ God will protect you. (Psalm 37:23-24)
- ➡ God will give you rest. (Matthew 11:28-29)
- ➡ God will give you strength. (2 Corinthians 12:9-10)

Which one of these true statements about God means the most to you right now? Circle one or two. Then use them to fill in this prayer.

"Dear God, thank You for the truth that You

_____. When I'm

having a hard time waiting on _____

_____, help me to remember

that _____

In Jesus' Name, I pray, amen."

Day 4

Grab the paper or device you used for day two and find a friend who you can share the story with.

Use your emojis to help you remember the details of the story found in Exodus 32.

Talk with your friend about what the Israelites forgot when they got impatient. Share with each other something true that you can think about when it's hard to wait.



Day 5

What can you think about when it's hard to wait?

When it's hard to wait, it's easy to forget what is true. So today you're going to make something that will help you remember! Color in the artwork below. Then fill in the blank space with things that are true about God, about you and about patience. Lastly, cut out the circle and hang it on your backpack, or tape it to your bedroom mirror, or put it on the fridge door—wherever you think it will be most helpful to remember what is true!

