

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 'How would you describe yourself?' 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:

A series of horizontal dotted lines for writing responses to the three prompts, starting below '1. You liked:' and extending down the page.

Day 2

Read Matthew 9:9-13

As you read Matthew 9:9-13, underline the statements that are made, put a question mark above the questions, and put an exclamation point above the commands that Jesus gives.

The very first exclamation point you should have is above the words, “Follow me.” How great it is that Jesus Himself, who is perfect and the Son of God, wants all of us to follow Him, to know Him! That’s definitely worth an exclamation point (or several)!!!



Day 3

It’s important to discover who you’re meant to be so you can make a difference—and the best way to figure out who you are and are meant to be is by asking the One who made you!

After all, knowing Jesus changes how you see yourself! Jesus wants us to follow Him, so as you pray today, get up and move around the room. As you walk, personalize this prayer by filling in the blanks with the unique ways you know God has gifted you, and then pray it out loud:



“Dear God, thank You for making me the way You did. Thank You for making me

and giving me the gifts of



I know there are even more cool things about me because I am made in Your image. Please help me to see those things and to become each day more and more the person You made me to be. And help me to see past all my mistakes and mess-ups to see myself the way that You see me. In Jesus’

Name, I pray. Amen.”

Day 4

Today you’re going to find out what it’s like to be on the other side of you but through the lens of how Jesus sees you!

Write down the names of 2-3 people who you know follow Jesus closely: people who are able to see you the way He does.

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Now grab a notebook or sheet of paper and a pen and head off to interview those people with the following questions.

1. How do you think Jesus sees me?
2. What is one way that God created me uniquely?
3. What are some of my gifts and characteristics?



Thank your friend or family member for helping you see yourself as Jesus does. (Be sure and save their answers because you’ll use them again.)



Day 5

How would you describe yourself?

Grab a dry erase marker (if you don’t have one, you can do this on a blank sheet of paper with regular markers and hang it in your bathroom) and stand in front of your bathroom mirror. Trace your face as you look into the mirror.

Now, around your face outline, write the words that you heard others use to describe you yesterday. Write words of affirmation, positive words, that you know Jesus would use to describe you. Then above it all, write these words: “Knowing Jesus changes how you see yourself.”

Leave this up on the mirror for a few weeks to remind yourself every day that how God made you is amazing and wonderful!