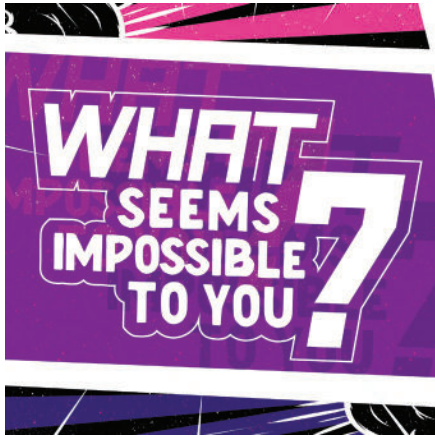


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



A series of horizontal dotted lines for journaling.



Day 1

After watching, write one thing that:

Go to [bit.ly/SundaysAtHomePreteen](https://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

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### Read 1 Samuel 17:1-24, 32-51

Get a sheet of paper and something to write with. Draw a line down the middle of the paper. At the top, write “Impossible” in one column and “Possible” in the other. As you read through the verses in 1 Samuel 17, write down the details in the appropriate column. For example, the fact that Goliath was nine feet tall would make fighting him seem impossible, so write that in the impossible column.

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When you’re done, take a look at the sheet. There’s not a lot in the “possible” column, is there? But while the list of what seemed impossible was longer, there was one really important thing on the other side that truly made David’s victory possible: God was going to give David the victory!



## Day 3

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### With a parent’s permission, head outside and look for a smooth stone.

It doesn’t have to be super big—after all, the one David had fit into a slingshot. (If you can’t find a smooth one, don’t worry. Just find whatever small rock you can.)

Use a permanent marker to write the first letter of something that seems impossible to you on the stone.

As you pray the prayer below, hold the stone and remember God used a small stone and a young man to do something that seemed impossible!

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Dear God, thank You for showing me through the story of David and Goliath that You can do things that seem impossible. Just like David did, I know I need to trust You and do what I should—even when things seem impossible. Right now, (write something that seems impossible in your life) \_\_\_\_\_ seems impossible, but I know with You, all things are possible! In Jesus’ Name, I pray. Amen.

Keep the rock somewhere you will see it as a reminder that you can do what you should even when things seem impossible.

## Day 4

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### You can do what you should even when things seem impossible.

Have you ever thought about the fact that the word “encourage” has the root word of “courage”? Sometimes when things seem overwhelming, it helps to talk to someone who has been through a similar situation, because they can encourage you to have courage!

What is something you’re facing right now that seems impossible—something that is your “giant” to face? Find an older friend who trusts God and ask them about similar situations they have faced. How did they do what they should even when it seemed impossible? (For example, maybe you find fourth grade math impossible. Find a fifth grade friend and talk to them about how they did it!) Take courage from their encouragement: You can do what you should even when things seem impossible.

## Day 5

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### What seems impossible to you?

Think back on the story of David and Goliath. David didn’t just run out on the battlefield immediately after hearing about Goliath. He took his time, met with the king, tried on his armor (and decided it wasn’t for him after all), and picked out five smooth stones. Most importantly, David remembered out loud all the ways God had helped him in seemingly impossible situations in the past.

Grab a sheet of paper and write “IMPOSSIBLE” at the top. Think back to situations in the past that seemed impossible to you. Maybe you thought you’d never be able to sleep without a nightlight or finish your school project on time. List as many “impossible” things as you can that you ended up doing after all with God’s help.

At the bottom of the list, write what seems impossible to you now.

Look back over the full list. What seemed impossible was actually possible! Cross out the “IM” part of the word. Now you’ve got a list of things you accomplished with God’s help, and you can do that last thing on the list too!

**You can do what you should even when things seem impossible.**

