

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 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 answers to the reflection questions.

Day 2

Read Esther 4:4-17

Leading up to chapter 4 in Esther, Mordecai had just learned of the plan to kill all of the Jews. Upset, he tore his clothes and cried throughout the city, along with the rest of the Jews.

Read the rest of chapter 4, and as you do, circle all the uncertainties Esther was facing.

Then underline the steps Esther took—and asked Mordecai and the other Jews to take as well—to prepare for her act of courage.

Despite all the planning, fasting, and praying, Esther still didn't know if the king would spare her life, much less help her save her people. Thankfully, Esther did what she did even though she didn't know what would happen. And thus, the Jews were saved!



Day 3

Have you ever heard of fasting?

It's when people intentionally give up food for a specific time and purpose. In the case of Esther, she gave up food and drink for three days and nights—and asked others to do it with her—to prepare for her the risky task ahead of her. Esther and the Jewish people would have used this time to pray and ask God to keep her safe.

Is there a situation in your life where you don't know what will happen, and you need courage to do the right thing? Maybe you need to confess something you've done wrong to a parent or friend, and you're worried you'll get in trouble or lose the friendship. Maybe you have to stand up to a bully. Maybe you need to share God's love with someone, and you're worried they will not respond well. Whatever it is you're facing, the best way to prepare is to take time to talk to God!

If you'd like to try fasting, ask a parent about it. Maybe you can give up dessert or TV or your tablet for a week. Then every time you're craving brownies, or you're tempted to sneak a look at your messages, use that time to pray and ask God to give you courage to do the right thing even though you don't know what will happen.

Day 4

You can do what you should even when you don't know what will happen.

Think back to your prayer from yesterday. Did you have something specific you need courage to do? Or think back to last week when you made a plan to do something that requires courage. Did you follow through with your plan?

Sometimes courage takes a little push, and that's where an accountability partner can come in handy! Ask a trusted friend to take on this role for you. Start by sharing with them what you know you need to do, as well as the steps needed to make it happen. Ask them to take some time to pray with you about it, and then pick a date when your friend will check in with you to see how things are going. Give your friend permission to check in as often as needed and to encourage you when you need the extra push. Then tomorrow is the day to put things into action!

Day 5

When have you done something you were afraid to do?

- You've set yourself up well to make a courageous move.
- You've figured out what you need to do.
- You've read stories from the Bible of others who have shown courage.
- You've prayed and asked God for help. (You've maybe even fasted!)
- You've made a plan for how to do what you need to do.
- You've secured an accountability partner.

So, what's next?

It's time to make a move: Live out the courage God's been building in you! Even when others are afraid, you can be brave to do what you should because God is with you!

And after you've taken that bold step of courage, be sure and share with others—your family, your friends, your small group—the way you've seen God work in the situation. This is not to brag, but to inspire others that they too can choose courage!

