

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 from the top of the page and extending down to the bottom of 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:

Day 2

Read Numbers 13:17-21, 26-33; 14:1-9

- 1) As you read the passages from Numbers, draw lines from the questions Moses gave the 12 spies (in verses 17-21) with the answers they brought back to him (in verses 26-33).

- 2) Go back and underline the answers the spies gave that show what they were afraid of. Lastly, circle the responses Joshua and Caleb gave to the people's fears (in verses 14:1-9).

- 3) Out of all of the passages you read, who did what they should even when others were afraid?

- 4) Who was allowed into the Promised Land, along with their children?

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You should have the same answers for 3 and 4—Joshua and Caleb did what they should even when others were afraid! And as a result, they were the only leaders who were allowed to see the Promised Land!



## Day 3

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### When Moses, Caleb, and Joshua were trying to do the right thing even though others were afraid, who did they turn to?

God! Moses prayed to God for wisdom in how to lead the people to do what God wanted them to do, even though they were afraid.

You may not be facing a scary situation like the Israelites were, but we all will encounter situations that require courage. And it can be really hard to be brave when we feel like others around us aren't. Thankfully, you're not alone—you can ask God to help us have courage. And you don't have to wait until you're facing something scary to ask for courage. You can ask God to help you be brave every day!

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"Dear God, thank You for being with me wherever I go, whatever I face. I know there are going to be times when I have to stand against the crowd because others are afraid to stand and do the right thing. I want to do what I should, even if others around me are afraid, just like Joshua and Caleb did. Please give me Your strength and Your peace so I can be brave. Help me to know what to do and then to step out in courage to do it. In Jesus' Name, I pray. Amen."

Day 4

What Are People Afraid Of?

We're all afraid of something. Sometimes it can help to know that other people are afraid of things too. It can make you not feel so alone in your fears, and you can work on overcoming them together. It's not wrong to be afraid, but when it comes to doing the right thing, you can be brave and do what you know God wants you to do!

Whether you're afraid of storms or of a bully at school, there's often a "next right thing" you can do. Take this list of common fears people have and talk with a trusted friend about how someone who is afraid of these things can show courage and do the right thing.

- the dark
- speaking in front of people
- getting made fun of
- thunderstorms
- loud sounds (like fire alarms)
- roller coasters
- flying on planes



Day 5

You can do what you should even when others are afraid.

Grab two different colors of markers and a sheet of paper. Write the sentence above without looking at the paper. Instead of watching what you're doing, look around the room. Maybe you see someone playing video games or cooking dinner or doing homework. Keep looking around at others until you've written the whole sentence.

Take a look at what you wrote. How did you do? It probably doesn't look so great, does it? When you are focused on what others are thinking or feeling, it becomes a lot harder to do what you should do.

At the bottom of the page, using the other marker, write the same sentence with your best handwriting.

Hang the sheet of paper somewhere you will see it this week to remind you that no matter what others are doing or feeling, you can do what you should.

