

Journal

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



Preteen

Week 3



Day 1

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!**

SQ & SQ TOP 3

After watching, write one thing that:

1. You liked: _____



PARENT CUE

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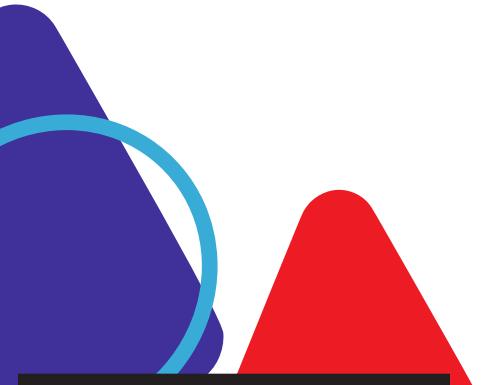
Day 2

Read Ephesians 6:13-17

Using Ephesians 6:10-17, match the piece of armor with the faith “tool.”

SHIELD	SALVATION
HELMET	GOD'S WORD
SHOES	GODLINESS/ RIGHTEOUSNESS
BELT	GOSPEL OF PEACE
SWORD	FAITH
BREASTPLATE	TRUTH

There's no getting around it—we're going to have trouble in this world. But God has given us everything we need to stand strong!



Day 3

Look back at the list of faith “tools” from Ephesians 6:14-17.

And think ahead to your day. Which piece of armor do you think you most need to suit up with today? (Pro tip: you can use them all!) Take a few minutes to talk to God and ask Him to help you put on His armor today and every day. As you pray, read the pieces of armor out loud and do the motion as described below.

Dear God, thank You for giving me all I need to stand strong. Today, please help me put the belt of truth around my waist (pretend to put on a belt). I wan to put the armor of godliness on my chest (mime putting on a soldier's breastplate). Help me wear on my feet what will prepare me to tell the good news of peace (pretend to pull on shoes). As I pick up the shield of faith (pretend to pick up a heavy shield), help me put out all the flaming arrows of the evil one (move the “shield” around, pretending to block firepower). Thank You for the helmet of salvation (mime putting on a helmet), and the sword of the Holy Spirit (pretend to wield a sword in the other hand) which is God's word. In Jesus' Name, amen.

Day 4

We listen to a lot of voices during the day.

Some of the voices speak truth and good things. But sometimes we may hear our enemies' voices. Even our own voices can be our worst enemies, telling us things that aren't true about ourselves or about God.

This is why it's great new that God has given us what we need to stand strong against all those competing voices. With God's armor, you can be protected from things like a bad attitude or negative thoughts. And one of those pieces of armor—God's Word—is like a sword. When voices inside or outside try to tell you you're not good enough or that you don't matter, your sword—God's Words that you have read and memorized—can help you fight back with the truth.

Get a Bible or Bible app and look up: Ephesians 3:18-19, Psalm 5:11-12, 1 John 3:1

Read these words from God out loud and talk to yourself today, reminding yourself that God loves you and you matter! **Use what God has given you to stand strong.**

Day 5

When it is hard to stand strong?

When is it hard for you to stand strong and be confident? Today, you're going to make a battle plan for fighting the doubt!

The Enemy (Write a description of something you're facing now that you need confidence to battle):

Armor Checklist (Check off the armor that would be especially helpful in this case):

- Belt of truth
- Breastplate of godliness
- Shoes of the gospel of peace
- Shield of faith
- Helmet of salvation
- Sword of the Spirit (God's Word)

Action Plan (Brainstorm some ways you can actually use the armor to battle against the enemy you're facing):

Claiming Confidence (Imagine what “winning” against the enemy will look like.):

Hang your battle plan somewhere you will see it, and if you need an extra boost of confidence, wield your sword (aka, go back and read God's Words from Day 3)!
