

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:

Day 2

Read Exodus 17:8-13

As you read Exodus 17:8-13, draw up and down arrows throughout the passage. Every time you read a mention of something going up (like walking up a hill or holding up hands), draw the up arrow. Every time something gets lowered or goes down, draw a down arrow.

There are a lot of ups and downs in this story—and many of them affected Moses' arms! But despite it all, Moses was able to help Joshua and the Israelites defeat their enemies because his friends worked together to help him succeed!

Day 3

As you pray the prayer below, lift your arms up and down like Moses.

Dear God, thank You for the story of Moses and the battle over the Amalekites when his friends helped him keep his hands up (up). I know his arms must have gotten so heavy and would have fallen down (down) without his friends there to lift them up (up) and help him succeed. And when they helped Moses succeed, he helped the Israelites succeed. When things seem hard and even impossible (down) for people around me, help me to find others to work with to lift others up (up) like Moses and his friends. In Jesus' Name, Amen.



Day 4

Who do you know that is good at organizing a group of people to work together?

Maybe it's a parent who leads a team at work, or who manages a group of volunteers. Perhaps your small group leader is really good at getting everyone in your small group working for a common cause.

Ask that person the following questions:

1. What is your team working together to accomplish?
2. What are some good traits to look for in a team member?
3. How do you get everyone to work well together?

Hold on to your notes from the conversation—you'll use their wisdom as you assemble your team!

Day 5

Who do you work well with?

Today, you're going to get back to work on your project with others to help someone that needs help. Before you can put it into action, you need to finish your plan. Find your poster board or paper you started last week.

This week you're going to start assembling your best cooperation team. Think about people that you work really well with. Maybe you get along really well. Maybe this person has strengths that you don't have—and you balance each other out with your abilities and character traits.

On your poster board, write down the type of people that would be helpful to have on a successful team—talents, personality traits, and experiences that would help a group succeed in helping others. Then make a list of 3-5 people (friends or family) who would make a great addition to your cooperation squad. (Continue to save your poster board.)

