

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



Journaling lines for the first 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:

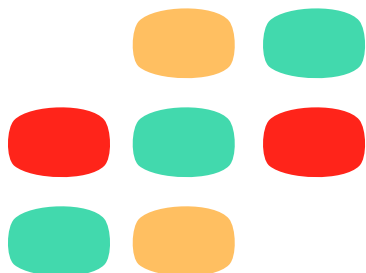
Day 2

Read Luke 4:1-13

When the devil was tempting Jesus in the desert, Jesus was prepared and knew the right thing to do: He repeated God's Word, quoting Holy Scripture to the devil. But in order to quote these truths, He had to know them!

As you read Luke 4:1-13, find the verses that Jesus quoted, and look them up to see the original Scripture. You will notice that Jesus didn't always repeat the verse word for word, but He shared the truth of the Scripture all the same.

Pick one of these verses to memorize, choosing one that you think might be important for you to remember when you're trying to do the right thing. Then you can **be ready to do the right thing.**



Day 3

The devil led Jesus to three different places to present Him with temptations.

There are different places and times where you probably feel tempted to do the wrong thing—maybe it's at home when your little brother annoys you and you're tempted to yell or hit. Or maybe you find yourself tempted to cheat when you're not prepared for a test. Think about a place or time when you need help doing the right thing and use that situation to personalize the prayer below.

Dear God, thank You for giving me everything I need to make wise choices and do the right thing. I know that sometimes I struggle with doing the right thing when
..... I know the right thing to do is
..... Please help me to spend more time with You, in Your Word and with Your people, learning more about how to make the wise choice so that I will be prepared when
In Jesus' Name, I pray, amen.

Day 4

Look back at the situation you wrote about yesterday in the prayer—who is someone in your life who might have wisdom to share with you about how to do the right thing when that situation happens again?

Reach out to that person today and share with them the temptation you often face. Ask them what they think the right thing to do is, and together, look up some Bible verses that might help you. Write the Scripture references down and hold on to them for tomorrow.



Day 5

When is it hard to do the right thing?

Earlier this week, you figured out some times or situations when it's hard for you to do the right thing, and then you prayed about it, talked to a friend about it, and dug into God's Word to find help on the right thing to do. Now, it's time to think about how you can best put all that you've learned into practice.

Pick a couple of options from the list below that you think will best help you to do the right thing.

1. Memorize the verse(s) you found.
2. Write a note to remind yourself to pray and ask for God's help with this situation every morning, and also during the times when you're tempted to do the wrong thing.
3. Pick a phrase—either from the verse you found, or a positive affirmation that will remind you of the wisdom you learned from God's Word—and create a piece of word art with it. Hang the art in the place where you are most likely to face the temptation to do the wrong thing.
4. Ask the friend you talked to yesterday to hold you accountable to do the right thing. Give them permission to check in with you every week to see how things are going.

Circle a couple that you plan to do, and then put them into action!