

# Journal

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



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## Day 1

Go to [bit.ly/SundaysAtHomePreteen](https://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!

### SO & SO TOP 3

After watching, write one thing that:

1. You liked: \_\_\_\_\_

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2. You learned: \_\_\_\_\_

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3. You'd like to know: \_\_\_\_\_

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## Day 2

Read Romans 8:38-39

As you read Romans 8:38-39, lightly cross out everything that can't separate us from God's love.

What do you notice about these things? Are they all negative things?

Nope, there are some good things in there too, like life and angels and the future. The point is that nothing good or bad changes how God feels about you!

Our confidence shouldn't come from anything other than God! If you place your hope in the things you can do, your talents, your achievements, your popularity, then when those things change, so will your confidence. But if you place your hope and trust in God, then no matter what comes—good or bad—you can rest in knowing the truth that **God loves you no matter what!**

## Day 3

Fill in the prayer below (based on Romans 8:38-39) with some positive and negative things in your life.

Things that might make you doubt God's love for you (like hard things you're going through) or things that might tempt you to put your confidence in the wrong thing (like talents you have). Anything that might distract you from the truth that God loves you no matter what. Then read the prayer out loud to God.

Dear God, I am so thankful that not even \_\_\_\_\_ or \_\_\_\_\_ can separate me from Your love. Not even \_\_\_\_\_ or \_\_\_\_\_ or \_\_\_\_\_, or any \_\_\_\_\_ can separate me. I am so thankful that nothing at all can ever separate me from Your love because of what Jesus has done. I am so thankful that You love me no matter what!

## Day 4

The fact that God loves each of us no matter what is life-changing truth.

It's something that can be easy to forget when life is hard, so it's important to remind each other.

Today, you're going to remind yourself that God loves you no matter what by sharing that truth with others! Pick your communication method of choice. It might be...

- Texting
- Calling
- Emailing

Next, decide how you want to remind them of this good news (you can pick more than one!):

- Share Romans 8:38-39
- Draw a picture
- Share a song from YouTube about God's love
- Simply share this bottom line: God loves you no matter what!

Lastly, make a list of a few friends who you think need to be reminded of God's love for them. Don't forget teachers and parents! As you put your plan into action, check off the names.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## Day 5

What are some things that are true about God?

On a separate piece of paper, use the letters spelling CONFIDENCE to make an acrostic full of truths about God. (If you get stuck, find some examples at the bottom.)

Now pick one that really stands out to you—a truth about God that gives you confidence, confidence in God, and confidence in who He made you to be! Focus on that word all day. Write it on your hand, your bathroom mirror, anywhere you will see it. Repeat the word over and over to yourself. Use the word as you pray—thanking God for it and asking Him to show this truth to you even more!

Some examples: Caring, Omnipotent (all powerful), Near me, Faithful, Interested in me, Devoted, Encouraging, Never going to leave me, Compassionate, Enough

