

# Confidence means learning to see yourself the way God sees you.

WEEK  
1  
1ST

Read Psalm 40:11

DAY  
1

## Lookin' Good

Beautiful or handsome, and awesome! That's you. God made you so perfect and you are special just the way you are. Grab a mirror and take a look. List things that make you special. Don't forget your fantastic personality traits beyond what you see in the mirror.

**Know that God created you perfectly to be just the way you are.**



DAY  
2

## Do Right

In this week's Bible story, we heard that Shadrack, Meshack, and Abednego did the right thing even when it was hard. Talk with your parent about something you did right even though it was hard. Maybe it was sharing your favorite thing, not yelling at your sibling, or not taking the extra snack.

*Adults: After hearing what your child said, ask some follow up questions like: "how did that make you feel, what could you do differently, or who can you talk to when you have to make a hard decision."*

Look for chances to do the right thing.



DAY  
3

## Define . . .

Read Psalm 40:11. With the help of an adult, look up definitions of the words: **mercy, love, and faithfulness** on your device or dictionary. After looking up the words, talk about how God shows us mercy, love, and faithfulness and how you can too! How can you show mercy, love, and faithfulness to someone this week?

Remember that God shows us mercy, love, and faithfulness, and we should too.



DAY  
4

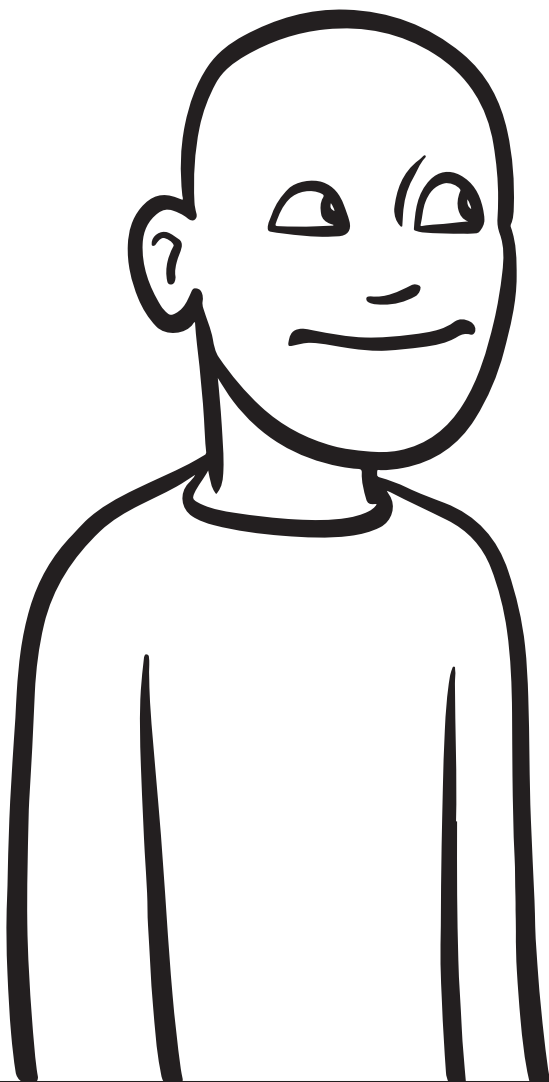
## Here, There, Everywhere!

We can trust that God is always with us. He is at school, home, a friend's house, or even out in the neighborhood. You can talk to God anywhere, at any time, and about anything you need. Below is a simple prayer when you need to talk to God and don't know what to say.

**"Dear God, I know You are good. I know that You love me and I know that You are always here. Please help me now with \_\_\_\_\_ (fill in the blank). I know I can always trust in You. Amen."**

Trust that God is always with you.

**Finish the picture to look just like you!**  
**In the empty space draw**  
**what you think God looks like.**



# Confidence means learning to see yourself the way God sees you.



## DAY 1

### Read Isaiah 41:10

This month, we will continue to talk about confidence, seeing yourself the way God sees you. God thinks you're awesome because you are made in His image. **Real confidence comes when we remember that it's not about how you see yourself, it's about how God sees you.**

Grab a piece of paper and trace your right hand. Around your hand, write the words of today's verse, weaving the words of the verse around each finger. Write ISAIAH 41:10 in the center and decorate your hand any way you choose. Cut out your handprint carefully along the outside of the words to include the verse and display somewhere in your room.

## DAY 2

### Read Philippians 1:6

God is with you. He's with you when you get it right and when you get it wrong. And what's even better, God will finish what He's started. The "good work" this verse talks about is the work of making you more and more like Jesus. We will fail and be forgiven but with every mistake, we learn. And as we learn, we realize the good work God is doing in us to change the world around us.

Write the words "God will finish what He's started" on a strip of paper. Tape the paper to the door frame of your bedroom. Every time you walk out of the door, tap that note and pray the following prayer. **"God, show me what you want me to learn today so I can be more and more like Jesus. I love you. In Jesus' name I pray, amen."**

### DAY 3

#### Read Daniel 3:16–18

Can you imagine what it must have been like for Shadrach, Meshach and Abednego to stand before King Nebuchadnezzar knowing they would be thrown into a fiery furnace?

**Can you imagine speaking these words in the face of something so scary!**

Think of the last movie you watched with the main character making a big brave speech right before facing something tough. Have you ever noticed how the music playing underneath the “speech” adds to the drama? The musical score can completely change the emotions we feel as we watch the action on the screen.

With an adult’s help, find “The Avengers” or “Star Wars: A New Hope” theme song. Play the movie music as you read Shadrach, Meshach and Abednego’s words to the king. Use your most dramatic voice and think about the confidence these men had that God was with them.

### DAY 4

#### Read Matthew 28:18–20

When Jesus came to earth, He had a very specific mission. Jesus came to make a way for everyone to have a relationship with God. Jesus died on the cross and rose again to prove that nothing, not even death, could separate us from God. After Jesus finished that work on earth, it was time for Him to return to heaven. But before He left, Jesus made a promise to be with us. It’s a promise He kept, just like every promise He’s ever made. We can put our trust in Him, every day.

Find a wide rubber band or cut out a thin strip of paper and write the letters GIWM. This stands for **“God is with me.”** Put the rubber band or wrap the paper strip around your wrist and wear it all day tomorrow as a reminder that you can have confidence

*Trust that God is  
always with you.*

Journal

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



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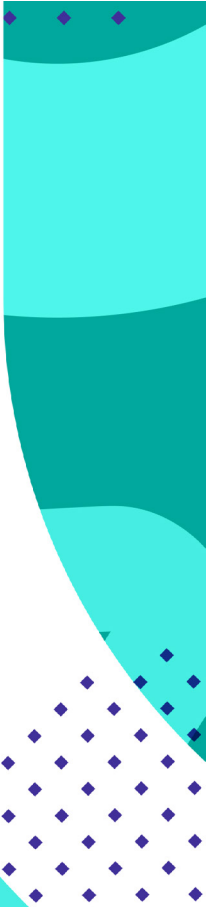


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4th-5th

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Week 1



Day 1

Go to [bit.ly/SundaysAtHomePreteen](http://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: \_\_\_\_\_

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

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



## Day 2

### Read Daniel 3

You can't say the name Shadrach without saying Meshach and Abednego, can you? Their names seem to be connected, like they go together as a set.

There are several other "sets" or lists of things in Daniel 3. As you read through Daniel 3, look for these sets and finish writing them below. And any time you see a repeat of a list, make a tally mark beside it below.

Royal rulers, \_\_\_\_\_

\_\_\_\_\_ and \_\_\_\_\_

Advisers, \_\_\_\_\_,

\_\_\_\_\_ and \_\_\_\_\_

Horns and \_\_\_\_\_

Zithers, \_\_\_\_\_,

\_\_\_\_\_ and \_\_\_\_\_

Horns, \_\_\_\_\_,

\_\_\_\_\_ and \_\_\_\_\_

\_\_\_\_\_ and \_\_\_\_\_

other musical instruments

Robes, \_\_\_\_\_,

\_\_\_\_\_ and other clothes

Royal rulers, \_\_\_\_\_

\_\_\_\_\_ and \_\_\_\_\_

\_\_\_\_\_

There is a lot of repetition in this story, which makes it really memorable. But the most important thing to remember that we learn from Daniel 3 is to trust that God is always with you.

## Day 4

**One of the best ways we can trust God with our future is by remembering how He has always taken care of us in the past.**

Today, take a few minutes to interview some family members and friends, reminiscing on all the ways God has taken care of you—either you personally, or your family as a whole, or just general ways you've seen God working in the world. As you remember times that it was really clear that God was with you, write down the things you remember, or you can use the voice recorder app on a device to record your conversations. Save the notes, as you'll use them tomorrow.

## Day 3

**The story of Shadrach, Meshach and Abednego teaches us something that hundreds of years later, Jesus would confirm with these words to His disciples: "And you can be sure that I am always with you, to the very end." (Matthew 28:20, NIV)**

You can trust that God is always with you. Fill in the blanks below with personal examples from your own life, and then read them out loud as a prayer of thankfulness to God.

Dear God, thank You that . . .

You are always with me when \_\_\_\_\_

(a situation you're scared by).

You are always with me when \_\_\_\_\_

(something that makes you sad).

You are always with me when \_\_\_\_\_

(an event that brings you joy).

## Day 5

**Today, make a "Trust Album" (like a photo album) with the memories you talked about with your family members and friends yesterday.**

Get a few sheets of paper and fold them together to make a little booklet. Then, write down the things you learned, including either hand-drawn illustrations or even printed photos, if you have some, creating an album of memories. Keep the album somewhere you'll see it to remind yourself that you can trust that God is always with you.

