

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

WEEK  
2  
1ST

Read Colossians 3:2

DAY  
1

## Focus

Grab a friend and sit across from each other so you can see each other's faces. Take turns making each other laugh without making noise or touching each other (no tickling). One person will be funny, and the other person will have to focus. Once the focuser laughs, you switch! The goal is to keep a straight face the longest.

**Remember that focusing on God will always be the right choice.**

DAY  
2

## Focus and Float

With the help of an adult, grab a container full of water and some small scraps of paper. Place your container of water somewhere flat and wait until the water is still. Now, pick up one small piece of paper at a time and carefully place it on top of the water's surface. Focus on what you are doing so the paper doesn't sink. After a few tries, close your eyes and place more paper on top of the water again without looking.

Does it make it easier or harder to focus on keeping your paper afloat with your eyes opened or closed? When you set your eyes on the goal (Jesus) things are easier to understand. When losing focus on Jesus, Peter began to sink into the water.

**Look for the times you need to keep your eyes on Jesus and not distractions.**

DAY  
3

## Heaven Focused

Read Colossians 3:2. Look below and circle some things that we can do to help us stay focused on God and heaven.

Reading the Bible

Singing

Memorizing Bible Verses

Telling others about Jesus

Praying

Dancing

**Ask God to help you keep your eyes on heaven, even when it's hard.**

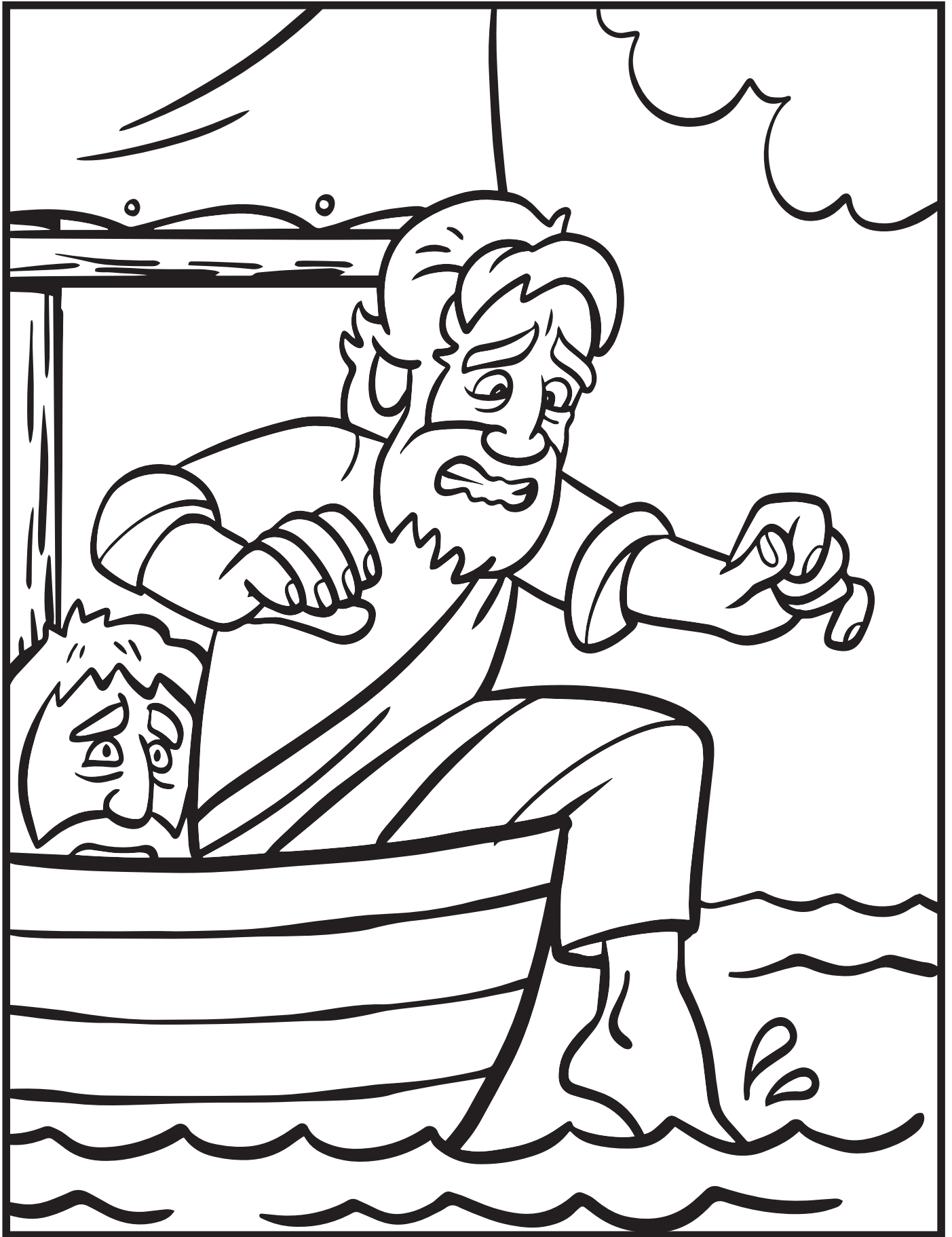
DAY  
4

## All By Myself

Find a quiet place in your house, somewhere without any distractions like a quiet corner, a front step, or your favorite comfy spot. Talk to God in the quiet. Say something like this:

**"Dear God, I pray that You can help me focus on You and not become distracted by things that don't matter. I pray that I can do and say things that show how much I love You. In Jesus' name. Amen."**

Stay focused on Jesus.



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



## DAY 1

### Read Philippians 4:12-13

Philippians 4:13 reminds us of one big truth, that with Jesus, anything is possible. Nothing is too big or hard for Him. But it's also important to read verse 12. Paul, who wrote these words in a letter to the church in Philippi, was explaining that he had learned how to make it through anything. The key for Paul was to stay focused on Jesus! When we follow Jesus, He will help us face any situation with confidence.

Write your name in the blank below and read the verse again. Remember, this verse doesn't mean you can do anything you want to do. This verse reminds us that we can do anything that God calls us to do. We can do anything that lines up with His will or His plan for us! **And the best way you can know what those "anythings" are is to focus on Jesus.**

"\_\_\_\_\_ can do all this through him who gives me strength."  
Philippians 4:13

## DAY 2

### Read Isaiah 26:3

If there's anything we've learned this year, it's that unplanned things can happen. In just a few days, because of this thing called Covid 19, our whole world changed. Schools were closed. We started to learn new terms like "social distancing." We started buying masks and took hand washing to a whole new level. Yet through it all, today's verse reminds us that we can still have a deep-down confidence, an assurance that everything will be okay. How? By staying focused on Jesus!

Is there something you're worried about? Something you're facing that you're not quite sure how it will work out? Stop what you're doing right now and write it down in the space below. Ask God to help you stay focused on Jesus and to trust Him with the situation you're worried about. **God hears you when you pray.** He cares about the things you care about. Ask God to help you and He will.

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DAY 3

### Read Psalm 86:11

One of the best ways to stay connected to God is to spend time with Him. You're doing that right now as you read His word and complete this GodTime. Today's verse is a great one to use as a prayer. What if you started every day with these words, "Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name."

You might be thinking, what is an undivided heart? That's just another way of saying, **"God, do not allow other things to distract me or steal my focus away from you."**

Write this verse on a card and put it in the back of the seat in front of you in the car. Every time you head somewhere this week, repeat these words as a prayer, asking God to help you stay focused on Jesus this week.

DAY 4

### Read Matthew 14:30-31

Do you know what happened right before Jesus walked on water? Jesus fed a crowd of over 5,000 people with one small lunch. The disciples passed out basket after basket of food. And they were in the boat when Jesus walked out to meet them.

But when Jesus called out to them, only Peter stepped out of the boat. When he began to sink, Peter didn't ask his friends in the boat to throw out a line. Peter cried out to Jesus saying, "Lord, save me!"

**Peter learned in a super dramatic way that we have to keep our focus on Jesus.**

Grab a large bowl and fill it with water. Set a timer for one minute and run to gather as many small items (that are okay to get wet) as you can before the timer runs out. Write down the name of each item and whether you think the item will sink or float. Then, one at time, place each object in the water to see if your prediction was correct.

*Stay focused on Jesus.*

## Journal

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



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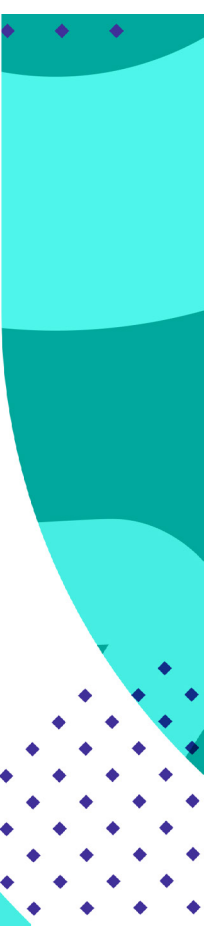
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4th-5th

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Week 2



### 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 Matthew 14:22-33**

Grab a sheet of paper and some coloring/drawing supplies. As you read Matthew 14:22-33, illustrate what you read.

When you're finished, you should find the following things on your canvas: a boat with the disciples, a mountain, Jesus praying, waves crashing against the boat, Jesus walking on the water, Peter sinking into the water, Jesus pulling Peter from the water, Jesus and Peter back in the boat.

Lastly, illustrate what you think the disciples worshipping Jesus in the boat looked like. You can use captions to write the things they might have said to Him.

What would you have said if you had seen Jesus walk on water, and then Peter walking and sinking?

P.S. Save your drawing—you'll use it later this week!



## Day 3

**There are a lot of things that affect whether something will sink or not, including its shape.**

For example, a ball of clay will sink right away, but if you flatten it out to make it like a raft, it will float. (If you have some clay on hand, you should test this out!) Prayer can be like a raft for us during life's storms. It doesn't take us out of the wind and the waves, but it keeps us floating and focused on Jesus.

What storm are you currently facing? Take a few minutes to pray and ask God to strengthen you against the waves and wind. Or maybe you just came out of a storm—this is the perfect time to thank God for carrying you through, and to reflect back on how your confidence may have grown as you focused on Jesus.

Use the words from Psalm 107:28-31 (NIV) as a prayer. Change the "they" to "I", the "their" to "my", and the "them" to "me."

## Day 4

**Who is someone in your life who exudes confidence?**

Someone who always seems to have their focus on Jesus, and sees themselves the way God sees them? Ask that person if you can grab some ice cream or go for a walk and have a chat. While you talk, pick their brain about their confidence. Here are some ideas for questions you could ask them:

- 1) Where do you think your confidence comes from?
- 2) Was there ever a time that a "storm" in life almost took you down?
- 3) How did you stay focused on Jesus during that time?
- 4) What are some things you do every day that help you keep focused on Jesus and stay confident?

Have fun sharing with each other ways you can **stay focused on Jesus**.



## Day 5

**What distracts you from focusing on Jesus?**

Grab the illustration you made earlier this week. Look at the part where Peter starts sinking. What do you think happened in that moment? According to Matthew, Peter took his eyes off of Jesus and focused on the massive waves the wind was whipping up around him.

Get two more sheets of paper and some tape, and this time, on one of the pieces of paper, do your best self-portrait and draw yourself walking on the water. Around yourself, write things that distract you from focusing on Jesus.

Next, cut up the other sheet of paper into small strips that can cover up the words you wrote down. On one side, write the word JESUS in big letters, and then use a piece of tape to tape them over the distractions you wrote down. Only tape one side, so you can still lift and see what you wrote underneath.

When the storms of life come your way, focus on Jesus, and not the wind and the waves. It doesn't mean those things will go away, but when you focus on Jesus, they will fade to the background and give you the confidence to weather the storm!