

Friendship is using your words and actions to show others you care.

Read: Philippians 2:4

DAY
1

Cheer Them On!

With a friend or family member, create an obstacle course or an exercise game. Work together to finish what you have created. Find ways to help each other and cheer each other on! Stand with your friend by letting them know how great they are.

KNOW that we can stand up for and with others when they need our help.

DAY
2

You Can Do It Too!

Have you ever seen a friend stand up for someone else? Read the scenarios below and talk through what you would do to stand up for a friend:

- ➔ A friend asked quietly for a turn and keeps getting ignored. What can you do?
- ➔ No one is giving a new classmate a chance to play with them at recess. What can you do?

ASK God to help you stand up for others.

DAY
3

Look Out!

Ask a parent to help you read Philippians 2:4 about looking out for others. Create some hand motions to help you remember this verse. Show your motions to a friend or family member and let them know how you will always look out for them!

LOOK out for the good of others!

DAY
4

Stand Up For Others

Jesus always stood up for others during His time on earth. He stood up for people who were young, old, healthy, and sick. Ask Jesus to help you stand up for others.

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 "Dear Jesus, Thank you for being an example of standing up for others. I pray that I can see when others need my help and that I can stand up for them. I pray I can have the courage to do what is right. Amen."

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THANK Jesus for being an example of how to stand up for others.

Friends stand up
for one another.



Friendship is using your words and actions to show others you care.

DAY 1

Read I Thessalonians 5:11

Tower Build Take One

Grab some plastic cups and build the tallest tower you can! Take a moment to admire your work and then knock that tower down. Leave those cups where they are, you'll come back to them in just a minute!

When it comes to friendship, God reminds us that it's important to encourage each other, to build each other up! When you are having a bad day, a kind word from a friend can help turn things around. When a friend is discouraged, something you say can help them remember they are valued and loved!

Good friends pay attention and encourage each other! And part of building others up is standing up for them. Sometimes, you might need to defend a friend who is being picked on. You might need to stand up for someone when others are being unkind or when that friend is being ignored!

Tower Build Take two

Let's make our tower stand up stronger! Grab some paper. Set two cups on a hard surface side by side, then stack a piece of paper on top. Continue in the same way, adding paper in between the cups to make the tower more stable. Remember, this week to build others up because friends stand up for one another!

DAY 2

Read Romans 12:10

Multiple Choice Love

Circle the response that shows LOVE in the scenarios below.

Your friend is sitting alone at recess.

- A. You ignore it and keep playing.
- B. You ask what's wrong and then listen when she's ready to talk.
- C. You tell your friend to stop acting so quiet and weird.

Your friend misses the shot and you lose the game.

- A. You say, "It's okay. We'll get 'em next time!"
- B. You say, "What was that? I can't believe you missed such an easy shot!"
- C. You start talking about what a bad player your friend is to the rest of the team.

The questions were easy! When it comes to real life friendships, the choices aren't always so clear. When others are laughing, you might join in. When others are picking on someone, you might feel like staying out of it. But good friends stand up for one another!

Ask God to help you honor others by standing up for friends that need your help this week.

DAY 3

Read Proverbs 17:17

Do you have loyal friends? A loyal friend is a steady, constant supporter, the kind of friend who is always there, ready to help. A loyal friend stands up for you and loves you at all times.

Do you have friends like that? Would your name make it onto a loyal friends list? If not, what is one thing you could do this week to show a friend that you care about them? How could you stand up for a friend and show that you are loyal?

AFLAAT!

Find some duct tape, tear off a piece and fold it in half long ways to make a bracelet. Write the letters AFLAAT—the first letters of words in the verse—across the front. If you wear a watch, place your bracelet on the same wrist by wrapping it around your arm and securing it in place with a smaller piece of tape. Each time you look to see what time it is, let your bracelet remind you that a friend loves at all times!

DAY 4

Read Galatians 6:2

Sometimes, we carry heavy loads that have nothing to do with backpacks or lunchboxes. When Paul wrote about carrying one another's heavy loads, he was talking about failures, temptations, or trials. When we mess up, when we're tempted to make an unwise choice or when we face something hard, it can feel like we're carrying a heavy burden. That's where friends come in! A true friend is one that's willing to stand up and help when those failures, temptations or trials come along.

Off To School

For the rest of this week, as you pick up your backpack to head out the door, stop and think of one friend who might need your help. As you travel to school, say a prayer for that friend by name. Ask God to help you be a good friend that stands up for others to help make things easier!

**Friends stand up
for one another.**



Journal

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



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September _____
2023

Week Two
4th-5th



Day 1

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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Watch this week's episode of
The So & So Show by going to:
<https://bit.ly/PreteensSundaysatHome>

Even if you already saw it at church,
feel free to check it out again!



Day 2

Read Acts 9:26-28

As you read Acts 9:26-28, separate the story into three parts by using two lines like this:

1. When the believers were rejecting Saul
2. When Barnabas was standing up for Saul
3. When the believers accepted Saul

That was a big jump—from the believers being afraid of Saul to Saul actually staying with them. And it all happened because Barnabas stood up for Saul!



Day 3

Friends stand up for one another.

But doing that takes courage! Thankfully we have examples like Barnabas. And the same God who was with Barnabas as he stood up for Saul will be with you too! Think about a situation in your life where you might need to stand up for someone else—think about the person it might be, the place it might happen, and who you might be standing up to. Then pray this prayer, asking God to help you be prepared to stand up for someone else.

Dear God, thank You for being with

Barnabas as he stood up for Saul. And thank You for being with me if I need to

stand up for _____

at _____

from _____.

I am _____

when I think about standing up to

_____, but I know

you are with me. Please help me have the courage to be a friend who stands up for others. In Jesus' Name, I pray.

Amen.

Day 4

Sometimes hearing stories of other people's friendship and courage can inspire the same in us.

Today, interview three people and ask them this question:

When have you seen someone stand up for someone else?

Then share the answers you receive with your family at dinner. Standing up for one another can be contagious as we hear others' stories of bravery and friendship!



Day 5

Friends stand up for one another.

Sometimes standing up for one another might actually look like sitting down together. It can be choosing to include others, refusing to laugh at someone, or choosing not to participate in gossip about others.

The next time your family eats around the table together, play this simple game to remember that standing up for someone looks different every time. Whoever is "it," reads the scenario and question, and then you respond by standing up, sitting down, or shout "help out".

- Your friend dropped her tray in the cafeteria. Do you stand up, sit down, or help out?
- Your friend is part of a group who has been mistreated and they're standing outside with signs to protest. Do you stand up, sit down, or help out?
- You see someone sitting alone in the lunchroom. Do you stand up, sit down, or help out?
- You watch as someone trips the new kid and his books go flying. Do you stand up, sit down, or help out?
- All your friends are calling to you to join them at the back of the bus, but you see a younger kid sitting all alone. Do you stand up, sit down, or help out?
- In the school talent show, the kid performing on stage forgets the words to their song for a few seconds. Do you stand up, sit down, or help out?