

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

**How can you hear from God?**

Journaling lines for the question 'How can you hear from God?'



Day 1

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Click on Fun2Watch! then 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

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Read Matthew 7:24-29.

Gather up these items—or something similar—from around the house.

- A hammer or something you can safely use to strike another object
- A cookie/baking sheet or something you can safely strike without breaking (but that will make a loud sound!)
- Uncooked rice, beans, or other small objects
- A piece of aluminum foil
- A pitcher of water
- An empty glass
- Salt
- Bible

As you read through Matthew 7:24-29, use the objects to make sound effects representing the action in the story. You can experiment with it, but here are some ideas:

- Gently hit the cookie sheet with the hammer to make building sounds.
- Drop the rice/beans on the aluminum foil to make the sound of rain.
- Pour the water into the cup for the sound of the water rising.
- Pour salt on the aluminum foil for the sound of the sand.
- Making wind sounds by making an ‘o’ with your mouth and vocalizing while you blow.

After you do this once, round up as many family members as you can, and share this story with sound effects for them! Talk together about what you think Jesus means with this story.

## Day 3

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**We think of praying as talking to God—and it is! But have you ever had a conversation with someone where only one person talked the whole time?**

Today, try praying in a different way: by listening to what God might have to say to you. Here’s how you can practice: start out with the saying these words below to God, and then close your eyes and just listen.

**“Dear God,** thank You for wanting to speak to me. I know sometimes I’m too busy telling you what I think I need or what I want. Help me not miss the wisdom You want to share with me through Your Word and the Holy Spirit. In the next few minutes, please fill my mind and heart with Your truth and help me hear what You want to say to me.

Don’t worry—you won’t hear a heavenly voice booming out loud. But if you sit and listen . . .

You just might feel God’s love that He promised to offer us in His word. You might hear His creation—maybe the song of a bird, or your dog barking. You may recall the passage you read yesterday about the wise and foolish builder—or some other Bible verse you’ve read.

There’s a lot that God wants to communicate with us when we practice hearing what He has to say.

## Day 4

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**Did you know that sometimes God talks to you through other people?**

It’s true! Start out by surrounding yourself with people who are also following God by hearing what He has to say and putting it into action. Then you will find that the advice they share with you is wise, because it comes from hearing what God has to say in His word!

Reach out to someone today who you know practices hearing from God. It may be your small group leader, or a parent or grandparent, or maybe it’s even a friend your age. Talk with them about what God has been teaching them lately. Ask them to share a Bible verse that means a lot to them, and if there’s a book of the Bible they think you should read this month. Lastly, ask them to pray with you and for you—that you would hear from God each and every day.



## Day 5

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**How can you hear from God?**

There are so many ways you can hear from God!

- ➔ You can read His Word—the Bible.
- ➔ You can talk to Him and listen to what He might have to say to you through His Holy Spirit.
- ➔ You can talk to another friend who follows God too.
- ➔ You can listen to songs that teach truth about God.
- ➔ You can take a walk in nature and listen to God’s creation.

Pick one of these that you’ve tried before, and one that you haven’t. Over the next couple of days, practice hearing from God by using these ways you’ve chosen. You may discover a new way of hearing from God!