

Journal

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

What do you love?

January
2023

Week One
Preteen



Day 1

After watching, write one thing that:

THE SO & SO SHOW
Today, watch and write
down your thoughts!
You can find each
week's episode at
www.popmn.org/kidvid

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read Matthew 22:34-40

Have you ever noticed that sometimes when you're reading the Bible, there are different Scripture references in parentheses? This is because the writer is referencing something that was previously mentioned in Scripture—usually it's a New Testament passage that is a quote from the Old Testament.

This is what is happening in Matthew 22:34-40. Jesus Himself is quoting some of the laws from the Old Testament as He answers the religious leader. That shows you just how important these passages are—that God gave us these truths twice!

Go back and look up the original passages Jesus is quoting: Deuteronomy 6:5 and Leviticus 19:18. Do you see any differences in them from Matthew 22:33-40?

Day 3

Re-read the passage from yesterday, specifically Matthew 22:37 and 39.

Take a minute to reflect on which of these commands is the hardest for you to follow. Then ask God to help you with that by personalizing the prayer below.

Dear God, thank You for loving me and show me what love looks like when You sent Jesus to be our Savior. I want to love like You do.

(Choose one or both)

Help me to love You with all of my heart and soul and mind.

Help me to love other people like I love myself—and like You love me.

And at the end of the day, help me to love You by loving others. In Jesus' Name, I pray, amen.

Day 4

Love God by loving others.

We throw around the word “love” a lot in our world, don't we?

- I love your shirt!
- I love ice cream!
- I love sleeping in!

And, of course, many of the things we say we love, we probably do. But the kind of love Jesus was talking about in Matthew 22:33-40 definitely goes beyond your obsessions with cookies and cream fro-yo.

Get a small notebook and a pen to keep in your pocket today. All day today, pay attention to how many times you hear the word “love”—both coming out of your own mouth, or from others saying it. Keep a running tally of how many times you hear it, and also include on the paper what or who each person said they love.

Then take a couple of minutes to reflect on what you've written down—ideally with a parent, small group leader, or someone else who loves God. Talk about what kinds of things people say they love, what different kinds of love you think there are, and what it means to show the kind of love God shows us.

Day 5

What do you love?

Make a family “Love Board” this week that everyone can add to. It can be a dry erase board if you have one not in use—or it can simply be a piece of paper you hang with a pen on the refrigerator or in another common space. At the top of the board or paper write in big letters, “What do you love?”

Then ask your family to join you in contributing to the board all week. Ask them to write down anything they love (and you do it too!). It might be people, it might be things, it might be activities, or it could be kind things they see other people doing. Anything that they love is eligible for the board.

Ask everyone to either use a different color pen or marker for writing down the things they love or to sign their initial beside each thing they write down. You will need this information next week, so be sure and hold on to the paper or board when the week is up!

