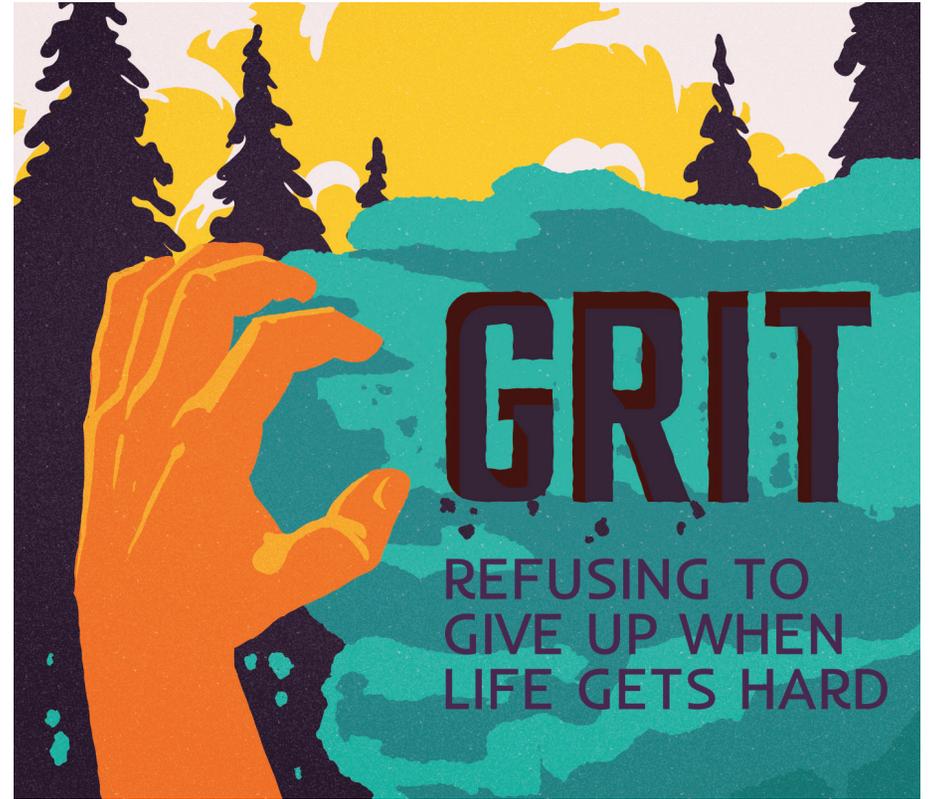


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Series of horizontal dotted lines for journaling.



Day 1

After watching, write one thing that:

Go to [bit.ly/SundaysAtHomePreteen](https://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!

- 1. You liked:
2. You learned:
3. You'd like to know:

## Day 2

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### Read Exodus 1:22; 2:1-10

Match each of these developments in Moses' story with the solution his family came up with:

- A. Moses got too big to hide him anymore.
- B. Pharaoh's daughter found Moses in the reeds.
- C. After Pharaoh's command to kill all the male babies, Moses was born.

1. Moses' mother hid him.
2. Moses' mother made a grass basket to hide him along the shores of the Nile River.
3. Moses' sister offered to find Pharaoh's daughter someone to take care of Moses.

A. \_\_\_\_ B. \_\_\_\_ C. \_\_\_\_

---

Moses' family didn't give up. They held on. They didn't know what to do, but they got creative and they took the next step! As a result, Moses was saved, and he went on to save the Israelites by leading them out of slavery.



## Day 3

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**When you don't know what to do, it can be easy to get overwhelmed and just not do anything.**

But as Moses' story demonstrates, we have to hold on and do the next right thing. But how do we know what the next right thing is?

The good news is, we're not in this alone. God wants to guide us. There are lots of ways He might do this, like putting people in our lives who can give us wise advice, giving us His peace about what to do next, and opening doors to new opportunities. It all starts by talking to God about your problem and asking for God to lead you.

Personalize the prayer below with something you are facing and need His guidance.

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Dear God, thank You for always being with me and helping me solve problems. Right now, I am not sure what to do about

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But I know that You are with me and that I can trust You no matter what. Please guide me to the right thing to do, and in the meantime, help me hold on no matter what. Give me grit to keep going. In Jesus' Name, Amen."

## Day 4

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**Hold on even when you don't know what to do.**

One of the ways we can both hold on and take the next right step when we don't know what to do is by talking to others who can give us wise advice. Think back to the problem you prayed about yesterday. Who can talk to about this problem? Think about someone who trusts God and might have experience in this type of situation. Ask them if you can go for a walk, enjoy some ice cream together, or even talk on the phone. Use the following guide to help with your conversation.

- Share the problem you're facing right now.
- Explain the obstacles you've already faced and overcome.
- Ask them what they would do next if they were in your shoes.
- Ask them to pray for you and check in with you from time to time.
- Thank them for helping you!



## Day 5

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**When have you helped solve a problem?**

The last few days, you've asked God and others for help with a problem you're facing, but today it's time to see who you can help solve a problem. Think of someone you know who is facing something hard. Write down their name and what their problem is. Then brainstorm several ways you can encourage them and help them hold on. This might look like:

- committing to pray for them every day,
- writing an encouraging note,
- helping them with chores or basic needs like lawn care,
- offering to help solve the actual problem if you have experience in the area,
- and so much more!

It's a lot easier to hold on when you have someone supporting you, so be that problem solver for someone else!