

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



A series of horizontal dotted lines for journaling.



Day 1

After watching, write one thing that:

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

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

Three numbered prompts for reflection: 1. You liked: 2. You learned: 3. You'd like to know: Each followed by a dotted line for writing.

## Day 2

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### 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

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### 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.

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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

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### 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

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### 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.

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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?