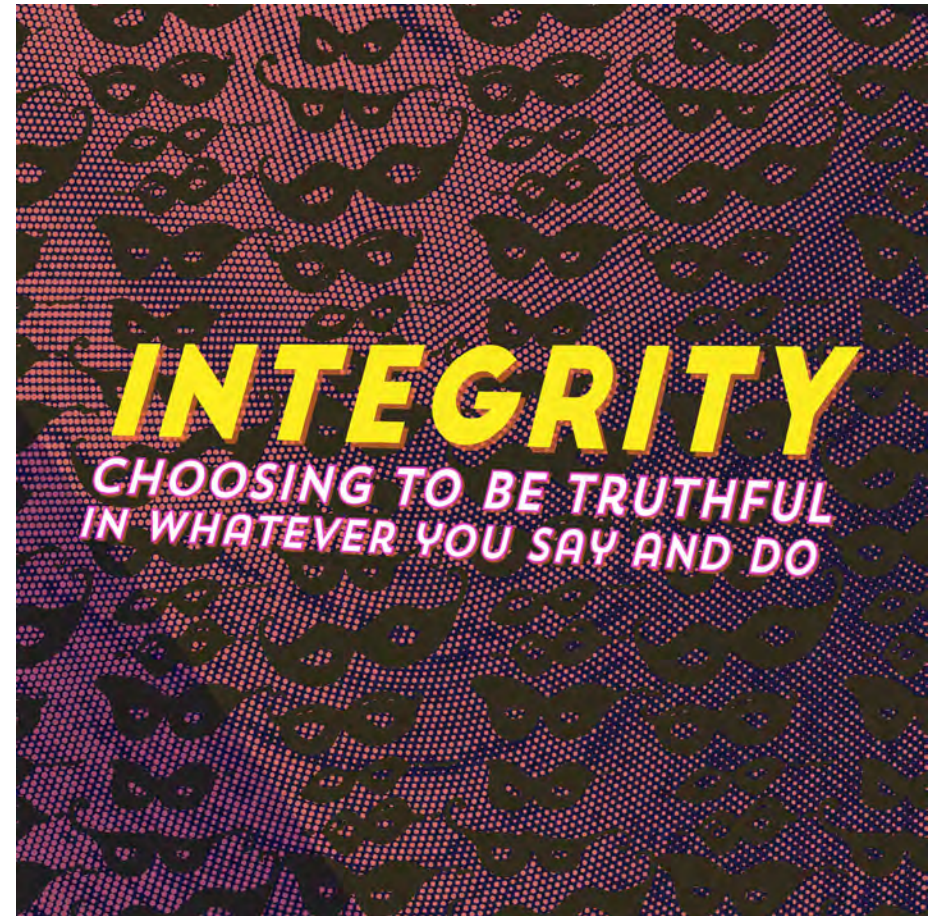


Spend some time thinking about the question below and journal your thoughts or share them with a parent.

WHAT DO YOU TALK TO GOD ABOUT?

Journaling lines for the question 'WHAT DO YOU TALK TO GOD ABOUT?'



Day 1

Go to Studio252.tv 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

Read 1 John 1:9 out loud.

Now, write the words from the verse that describe God.

God (who He is/what He does)

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Us (what we do/how God sees us)

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How amazing is it that all it takes for us to be forgiven is to tell God the things He knows about us anyway?!

## Day 3

What kind of prayers do you usually pray?

If you're like most people, these are probably the most common times you pray:

- Meal time
- Bed time
- When you're scared
- When you need something

Those are all great times to pray! But God wants to hear from you more than just when you need something. He loves hearing about your day—whether it was the best day ever or a really bad one. And He longs for you to go to Him when you know you've messed up and need forgiveness.

Take a few minutes to talk to God now, but try to do it in a different way than you usually do. If you normally pray in your bed, try praying standing up or even brushing your teeth. If you usually pray a prayer of thankfulness, try adding on a time of confession: telling God what you're struggling with or something you've done wrong. As you "shake up" your prayer time, it will help you be more truthful with God, **and being truthful with God keeps you close to Him.**

## Day 4

Who do you find it easiest to talk to about everything in your life? Maybe it's your best friend, or your mom, or your Small Group Leader?

What about that person makes you feel like you can tell them anything? Most likely it's trust. You know you can trust them to understand, to not make you feel bad, and to love you no matter what.

Did you know all of those things are true about God? You can trust Him no matter what. He wants to know everything about you, and He will love you no matter what!

Close your eyes and talk to God. Tell Him about your day, how you need His help, and you can even tell Him something funny that happened. God has a great sense of humor! (After all, He made the blob fish!)

**After you talk to God,** follow up with the person you thought of, and thank them for being a person who points you to God!

## Day 5

**Confession. It doesn't sound like much fun, does it? But confessing what we've done wrong to God is freeing.**

Look around the room and see what you might have that is pretty heavy to pick up (but that you won't break your back trying to lift!). Pick it up and hold it for 30 seconds. Are you tired? If not, hold it 30 seconds longer. Now, set it down. How does that feel? Pretty awesome, right?

Holding things inside—things that God knows about anyway—that doesn't feel good. So even though it might make you feel nervous to think about admitting something you've done wrong to God, when you do, the freedom and relief you will experience will feel way better than you can imagine. This week, take time each day to intentionally "let go" of everything you're holding on to **and talk to God about it all!**