

Journal

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

WHEN HAS SOMEONE ENCOURAGED YOU?



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 2 Kings 2:1-15

In the story of Elijah and Elisha, we see a great example of friends encouraging one another, but it's not just the older prophet encouraging the younger. Elisha encourages Elijah as well with four simple words that he says more than once. Find those words and write them here:

Then Elijah encourages Elisha later, first by asking him a question. Write that question here (Hint: see verse nine).

There are a lot of ways to encourage your friends, but these two men hit on two great ones: remind your friends you will always be there for them, and ask them how you can help them!

Day 3

A great way to encourage your friends is to pray for them! (And then tell them you prayed for them!)

Make a list of a few friends below, along with something you can pray for each of them. Think about areas like: health, school, friendships, family, sports. Even if your friend is healthy and has a pretty great life, everyone can use a friend who is praying for their peace, their strength in facing difficult days, their relationships with friends and family.

After you've prayed for your friends, shoot them an email or text, or simply write, "I prayed for you this morning!" on a sticky note and hand it off to them the next time you see them.

Day 4

Today you're going to put on your encouragement hat and encourage others like it's your job! Before you start, write a smiley face on your hand to remind yourself to make others smile all day.

Offer encouragement to every single person you come into contact today.

Think about:

- ✓ Friends
- ✓ Parents
- ✓ Siblings
- ✓ Teachers
- ✓ Bus driver
- ✓ Coaches
- ✓ Community helpers

You can come up with encouragement in real time, or you can take a minute right now to think of something encouraging you can say to each person you know you will see today. You can encourage others in so many ways, like:

- ✓ Giving them a compliment
- ✓ Helping them carry in groceries
- ✓ Writing a short note of encouragement to leave on their desk
- ✓ Anything else that you know will make them smile!

Day 5

When Elijah encouraged Elisha, it was all about how God was going to use him. He told Elisha that he would go on to do great things for God just as Elijah had.

What gifts, talents, and resources do you have that God might want you to use to share His love for others?

Who has encouraged you to use or develop these talents? (Think a parent who pays for lessons or activities, a teacher who teaches and encourages you, etc.)

How has that person's encouragement motivated you to do more, to improve or to keep going in pursuit of doing your best?

Now, go put their encouragement into action. Go to the court and do drills, practice your piano, or write a short story. As you do these things, say a prayer of thankfulness for those who have encouraged you along the way.