

Journal

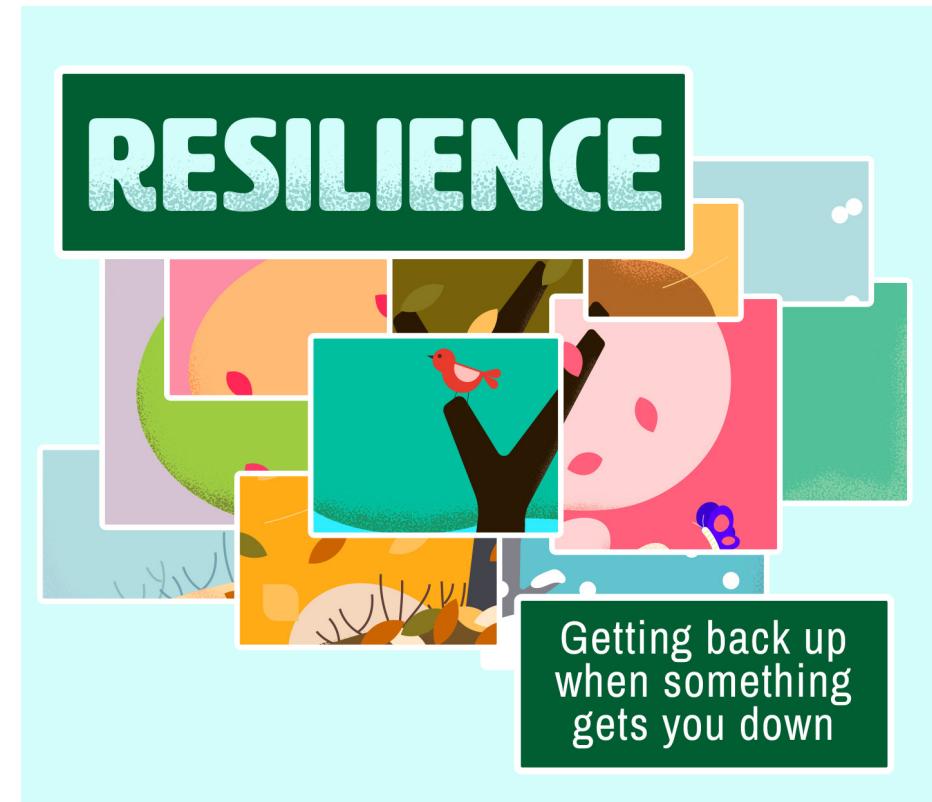


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



January
2025

Week One Preteen



Day 1

After watching, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

Day 2

Read John 11:17-36

As you read through the passage, underline any parts that talk about people being sad and other people being there to comfort them. Then check the answers to see if you caught them all before continuing to read this devo.

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Did you get them all right? It's possible you may have missed some of verse 33, but the truth is, the entire verse should be underlined. Even though Jesus was crying, He knew that He had the power to bring Lazarus back to life. So why would He have been crying? As a human, Jesus experienced emotions such as sadness too. It's possible that Jesus was crying because He didn't want Mary and Martha and the others who loved Lazarus to feel alone. He wanted them to know that He loved Lazarus too, and that even though they were sad, they were not alone because Jesus is with them in their sadness.



Answer: Underline verses 19, 21, 31, 32, 33, 35

## Day 3

### Think about the last time you were sad about something.

It may have been something big and really hard to go through, or it could have been something that didn't seem like a big deal to everyone else, but it still made YOU sad. When it comes to being sad, sometimes we feel alone—because it's so big that no one else has experienced it and doesn't seem to understand, or it feels like people think you're exaggerating, and it shouldn't make you that sad. There's great news though: You are NOT alone! You can talk to God about anything—including anything big or small that makes you sad.

Is there something making you sad right now? Take a couple of minutes to talk to God about it. Be as open and descriptive as you can be. If you're not feeling sad about anything, then instead pray a prayer of gratitude, thanking God for always being there for you, even when you're sad.

## Day 4

### Talking to God when you're sad is important.

God is always with you, and since you know you can trust God no matter what, inviting God into your situation can bring you comfort and peace. But sometimes it also feels good to talk to another person about whatever is making you sad. Whether you'd like some advice, a hug, or simply someone to listen, having someone you can trust with your feelings can be just what you need to not feel so alone.

#### Who can you talk to when you're sad?

Who is that person for you? Find some time today to talk to them—perhaps about something you're dealing with that makes you sad, or simply to thank them for being a safe person with whom you can truly be yourself.

## Day 5

### Get a sheet of paper and fold it in half.

On the outside, write, "FEELING SAD?" or simply draw a frowny face—maybe even add a tear. On the inside, write:

**When you're sad, remember you're not alone.**

Below that, write down who you can talk to when you're sad. It might be a parent, a sibling, a friend, a teacher. . . write down as many names as you can think of—people who you trust will listen and care when you are sad. And don't forget to put, "God" too!

Place or tape the card somewhere you will see it so that the next time you're sad, you'll remember you're not alone.



# Rain or Shine: Trusting God in every season

Resilience is getting back up  
when something gets you  
down.



## MEMORY VERSE

Be strong, all you who put  
your hope in the LORD.  
Never give up.  
Psalm 31:24, NIV

## Prayer

"Dear God, thank You for being with us in whatever we're feeling! Whatever the weather, whatever is going on in our lives—we love You because You never leave us. Help us to remember we're not alone and to share our feelings with You and with someone we trust. We love You, and we pray these things in Jesus' name. Amen."

Scan the QR code  
to get started



## Talk About the Bible Story

Open the Bible together and read John 11:1-45 or watch the video together on the Parent Cue app.

## Engagement Questions

- What makes you feel alone?
- **Who can you talk to when you're sad?**
- What brings you comfort when you're feeling sad?

## Faith and Character Activity

Scan the QR code below for activities to guide kids at every phase to trust Jesus in a way that changes how they see God, themselves, and the rest of the world.



## Morning Time

As your kid starts their day, tell them "Jesus is there to help you with whatever you face today."



## Meal Time

At a meal this week, have everyone at the table answer this question: "Who can you talk to when you're sad?"



## Drive Time

While on the go, ask your kid: "Who is someone who makes you feel better when you're sad?"



## Bed Time

Pray for each other: "Jesus, thank You that You care about how we feel. We know that sometimes we will feel sad. But even when we're sad, You are still with us and You care about us."

## More Ways to Engage with Your Kid

## Faith & Character Activities



## Worship Song of the Month



## Download the Parent Cue app

AVAILABLE FOR APPLE  
AND ANDROID DEVICES



## Weekly Parent Cues

