

Journal

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



JULY 2025 | WEEK 4 | PRETEEN



Day 1

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

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

After watching So&So, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:



Day 2

Read Hebrews 10:24-25.

Find a sibling, parent, or friend who can take a few minutes to help you with this activity.

Read

the passage out loud. Then, together, come up with motions to go along with the verse. Some of them might be individual motions, and some of them you might need to do together—like high-fiving each other, for example.

Once you have the motions worked out, read the verse out loud a few times while practicing the motions until you are both familiar with the words and the motions. Then find some other family members or friends and share the verse and motions with them.

Day 3

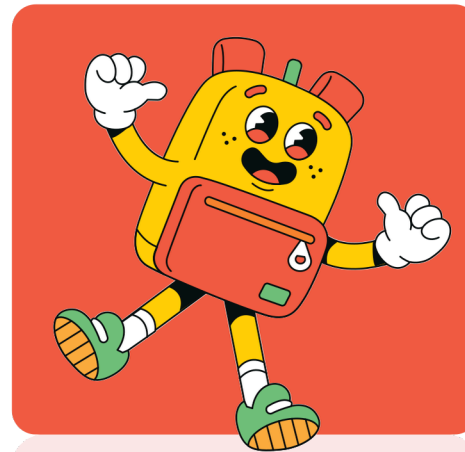
Encourage one another.

Who do you know that is going through a hard time right now? It might be a friend, a family member, or even an adult like a small group leader or teacher. Whoever it is, journal for a couple of minutes about this person. You can write about what is challenging them right now and also jot down some of the encouraging words you would offer them.

Include some of the things that you like about this person. When you have a few encouraging things written down, turn your journaling into a prayer. You can use the prayer here, or just use what you wrote to pray on your own.

Dear God, thank You for (name). I am thankful for how they (something you like about this person). I know they are struggling right now because (challenge they are facing). Please help (name) know they're not alone and to be encouraged that (encouraging thoughts).

Please help them feel Your love and show me how I can be an encouragement to them. In Jesus' Name, I pray. Amen.



Day 4

When has someone encouraged you?

Who was it? What did they say or do that encouraged you?

Use your words in two ways today: reach out to the person who encouraged you and thank them for what they did. Then, pay it forward by doing something similar to encourage someone else. It might be something kind you say to them—something positive you noticed about them. You could also text them, make them a card, or even make a favorite treat of theirs. Just be sure to use your words in some way to encourage them—it might be your words of encouragement that help them keep going through a hard time!

Day 5

Encourage one another.

This summer, organize a club with some friends that focuses on encouraging others. You can meet as often as you'd like and organize it however you'd like.

Here are some ideas of ways you could organize your club:

Meet once a week at your neighborhood pool or in your backyard

Video call—with a parent's permission

Keep it really simple and just include your family members in your club—but still set a regular time to meet, like once a week or twice a month

Have fun coming up with a name for your club

Keep your meetings short and focused—who do you know that needs encouragement this week and how can you work together to encourage them?

You can make your club just a summer thing, or if you're really enjoying it, keep it going all year long!

Here are a few ways you can encourage others: make a group card, make a silly video as a group, work together to do a chore or task to lighten someone's load, plan a schedule for the week where each person is assigned a day to reach out to the person who needs encouraging. . . the possibilities are endless!