

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



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Day 1

.....

After watching, write one thing that:

1. You liked:

.....

2. You learned:

.....

3. You'd like to know:

.....



Day 2

Read Matthew 7:1-5

Matthew 7 is part of the Sermon on the Mount—a collection of the teachings of Jesus focused on how to live right—how to make wise decisions. In this passage, Jesus was focusing on not judging others. His point was that we need to focus on living lives pleasing to God, not worrying about how others are living.

In the eyes below, draw a speck of sawdust in one eye, and a plank of wood in the other.



Now imagine the person with the plank in their eye, telling the other person to get the sawdust out of their eye. That seems crazy, doesn't it?! But when we start judging other people for the things they've done wrong, we tend to miss what we are messing up in our own lives. Instead, if we can ask God to help us see ourselves clearly, we can find out what we should do and do it!



Day 3

Grab a mirror or go stand in front of one in your bathroom.

Without looking in the mirror, make a mad face. Then look in the mirror to see if your face really looks mad. Repeat the same thing by making a happy face, a shocked face, and a silly face.

When you looked in the mirror, did your face match the emotion you were trying to communicate?

Sometimes we think we are living our lives one way, but what we really need is a good look in the mirror to see ourselves clearly. We don't need an actual mirror, but we do need to ask God to help us see ourselves clearly so that we can make the wise choice. Pray the prayer below or say your own and ask God to help you.

~~~~~

**Dear God,** I want to live a wise life, making wise choices. I know that to do that, I have to see myself clearly, as You do. I know that You can see everything about me, the good and the bad, but that You love me no matter what. Help me to see the areas where I need to make wiser choices, but also to see myself as loved by You. In Jesus' Name, I pray. **Amen.**

## Day 4

### Interview yourself with these questions:

1. Am I an introvert or extrovert?  
\_\_\_\_\_
2. Do I prefer the  
indoors or outdoors?  
\_\_\_\_\_
3. Do I see myself as an athlete or  
artist (or neither or both)?  
\_\_\_\_\_
4. How do I like to  
spend my free time?  
\_\_\_\_\_  
\_\_\_\_\_

Find three people who know you in different areas of life:

- A family member
- A friend
- A trusted adult (non-family)

Ask them the same questions as above and see how they see you. Then compare their answers with your own. Do you feel like you see yourself clearly, or do others see you more clearly for who you really are?

~~~~~

When it comes to making wise choices, it helps when we can see ourselves clearly, especially when it comes to how we live out what Jesus said are the most important commands: love God, and love others.



Day 5

What are you learning about yourself?

Spend the next few days getting to know yourself better by answering a couple of questions every day.

- What makes me proud of myself?
- What do I regret?
- What is something new I've always wanted to do?
- What do I want from life?
- What is something I am really good at?
- What is one area I could use some improvement?

As you answer the questions, think about how seeing yourself clearly could help you dive deep into wisdom!