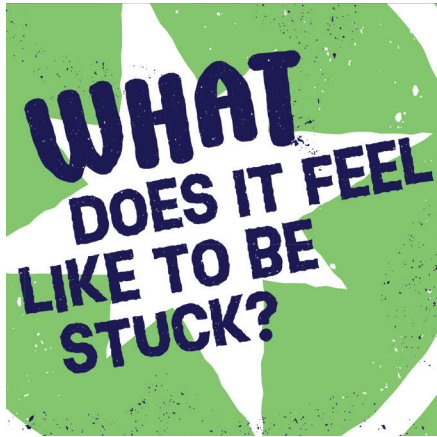


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the 'WHAT DOES IT FEEL LIKE TO BE STUCK?' prompt.



Day 1

After watching, write one thing that:

Watch this week's episode of The So & So Show by going to: <https://bit.ly/PreteenSundaysatHome>

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

- 1. You liked:
2. You learned:
3. You'd like to know:

Day 2

Read Acts 12:1-19

As you read through the passage, circle all of the times and ways that Peter was stuck.

You should have around seven circles.

Peter found himself in quite a pickle, didn't he? Arrested, imprisoned, and under the watch of so many guards, not to mention the chains. And then even after the angel helped him escape, Peter was stuck outside the house, knocking on the door, waiting for someone to open it and let him in!

But through it all, God was with him, and Peter's life was spared as he was "unstuck" from a harrowing situation.

Day 3

What does it feel like to be stuck?

Find a small space to squeeze in for a few minutes while you talk to God—like a closet, or a little nook between your bed and dresser—or if you're feeling really adventurous, under your bed! While you're "stuck" in this place, think about what it feels like. You might feel uncomfortable.

While you're sitting in that tension, talk to God about what it feels like to be stuck in life. You may be stuck now—feeling like a problem at home, school, sports, or with your friends will never change. If so, talk to God about it and ask for wisdom and comfort. Or maybe you've felt God with you in the past when you were stuck. Then take a few minutes to thank God for being with you during that time.



Day 4

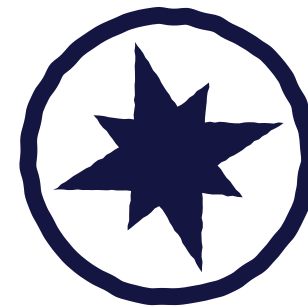
God is with you even when you feel stuck.

Grab a sheet of paper, scissors, and a pen or pencil, and an empty glass jar or other container. Then go find several people who follow Jesus and ask them what Bible verses bring them comfort when they're facing problems—verses that remind them that God is with them.

You want to have at least six or seven verses when you're done, so if you didn't get that many from your interviews, you can look up these in a Bible and write out the ones that are significant to you.

- John 16:33
- Isaiah 41:10, 13
- Philippians 4:6-7
- Romans 8:28
- Joshua 1:9
- Matthew 6:31-34
- Proverbs 3:5-6
- Romans 15:13
- 1 Peter 5:6-7
- Psalm 94:18-19

Write out each of the verses on the sheet of paper, spreading them out so you can cut them into strips. Then put them in the glass jar or container and save them for tomorrow.



Day 5

Create a "Stuck Station."

You'll need blank sheets of paper cut into smaller strips, a pen, the glass jar filled with the verses you wrote out yesterday, and either a piece of construction paper and glue, or a cork board with some pushpins.

Every time you encounter a challenging situation this summer, write down how you feel stuck on one of the strips. Then either glue the strip to a sheet of construction paper or small poster, or pin it to a cork board.

Next, pull out an encouraging verse from the jar and if it is something that encourages you in this particular situation, tape or pin it over the other strip of paper. (If the verse doesn't feel like it goes with your situation, just drop it back in the jar and pull out another one.)

When you are in a situation where you feel stuck, go back and read the verse that brought you comfort, and remember: **God is with you even when you feel stuck.**