

DAY 5

Did you know that when you show faith during your hard times, it helps others get through their hard times?

Here are three things Paul did during his hard time to help others during their hard time:

- 1. You can tell others that God keeps His promises. It can be hard to know what to say to someone who is hurting, especially if you're hurting, too. But you can always remind them that God is a good, loving God, and that He is always with us, even when it feels like He's not.
- 2. You can have hope. You can be positive when everything feels negative. Saying things like, "God's got this," and "I'm here for you," seems small, but it can go a long way to change someone's attitude when they're down.
- 3. You can pray. Paul prayed out loud where everyone could hear him. You don't have to pray out loud if that makes you nervous or uncomfortable, but you can tell someone that you're praying for them. Don't forget to actually pray!

From the list above, which will be the easiest thing for you to do to help a friend when you're both faced with a problem?

Which will be the most challenging?

The next time you're faced with a hard situation, ask yourself how you can continue to show faith so that you can help others grow their faith, too.



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

After watching, write one thing that . . .

1) YOU LIKED: _____

2) YOU LEARNED:

3) YOU'D LIKE TO KNOW: _____

READ ACTS 27:1-28:10

So far, Paul has had some pretty incredible things happen to him. But what happened to Paul next is going to blow your mind.

Paul had a few problems. The first problem was Paul was put in jail. Why was he put in jail? The short answer is that Paul was in jail because he was a Jesus-follower. One day, while Paul was still a prisoner, it was decided that he would travel by boat across the Mediterranean Sea to stand trial.

From the beginning of the trip, Paul knew the journey wouldn't be an easy one. The wind began to blow and the waves were getting bigger and bigger. Before long, the boat struggled to stay on course. On top of that, the trip was taking way longer than planned and the food supply was running low. With winter and more bad weather coming, Paul was worried they'd never make it.

Paul tried to tell the ship's commander:

"'Men,' he said, 'I can see that our trip is going to be dangerous. The ship and everything in it will be lost. Our own lives will be in danger also.' But the commander didn't listen to what Paul said." Acts 27:10-11, NIrV

Paul had quite a few problems:

- 1. Paul was being held prisoner because of his faith.
- 2. Paul was on a ship without enough food in the middle of a storm.
- 3. Paul knew they were in big trouble, but no one would listen.

Out of all of Paul's probler	ns, which one do	you think was the	worst and why?

DAY 3

Each and every day you are faced with problems of all sizes. You can't find your book bag, or your teacher caught you in a lie, or you forgot to tell your mom that your lunch account ran out of money. Did you know that you can talk to God about your problems? In fact, God wants us to tell Him about anything that bothers us or hurts us.

Take a few minutes and tell God about anything that's on your mind right now. What's worrying you? Frustrating you? Hurting you? Tell God about your problems like you're talking to a friend or your parents.

God hears your words. And just like He was with Paul, He will be with you in the middle of all your problems.

DAY 4

Do you know someone who has been through a lot of tough situations, but still has a big, growing faith in God? Someone who has faced big problems but still loves and follows God?

Take some time to talk to that person. If you can't do it in person, you can text, email, or even video call them. Ask them how they kept their faith strong when things were tough.

