Journal

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

WHO'S LOOKING OUT FOR YOU?

LIVE IT OUT

DISCOVER HOW TO LOVE LIKE JESUS

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 Philippians 2:4 and Luke 6:6–11.

After you've read both passages, go back and re-read the Luke verses. Look specifically for how Jesus's actions were a picture of Paul's command to the church at Phillippi.

What could Jesus have done if He was just looking out for His own good?

A) Left the man alone
B) Waited to heal the man until after the Sabbath
C) Just what He did—healed the man
D) Both A and B

How were Jesus' actions looking out for the good of others versus Himself?

A) He healed the man even though He knew the religious leaders would be angry
B) He used the healing as a teaching moment for others
C) He didn't have to heal the man—people would have understood
D) All of the above

Check your answers below. Did you get them right?

Jesus didn't have to do what He did. In fact, the religious leaders actually thought He was sinning by healing on the Sabbath. But even though Jesus knew it would make the leaders mad—and it was putting Him one step closer to being arrested and hung on a cross—He still chose to heal the man.

Answers: D, D

Day 3

Look out for one another.

Who do you know that needs someone looking out for them? Think about all the different places you go and people you are around. . . there is most likely someone who could use a friend, a helper, or just someone to have their back.

Write their name here (or how you know them, like the person who cleans your church):

_____

What is something you can do to look out for that person? Think of what would be truly helpful for them.

_____
_____

Now use your answers to personalize this prayer and read it out loud.

Dear God, thank You for always looking out for me. I want to look out for those around me who need my help or encouragement.

*I am especially thinking of _____.
I know one way I can look out for _____is by _____.*

Please give me the opportunity to do that, and the courage and selflessness to follow through. In Jesus' Name, I pray. Amen.

Day 4

Who's looking out for you?

Who do you know that is looking out for you? It's probably more than one person! It may be some adults in your life, like your parents and teachers, but it also might be a friend who is always saving you a seat or standing up for you if they hear someone talking bad about you.

Make a list of three to five people who you know are looking out for you and write down any ways you have seen them do that. Then pick at least one of them to reach out to today to say, "Thank you for looking out for me!" (Bonus points if you thank all of them—everyone loves hearing "thank you!")

_____
_____

Day 5

Thank those looking out for you.

Think back on the names you wrote down yesterday of people who have looked out for you. How did it make you feel to know that someone was looking out for you? Cared for? Loved? Special?

Imagine how great you could make your friends and family feel if every day you were looking out for them. Make a list of some ways you can make a habit of looking out for others. It might be one of the ways that someone looked out for you, or you may have other ideas in mind that are personalized to the people you care about.

Then ask a parent for some sticky notes. On each note, write one of the ideas you had. Scatter your ideas around your room, bathroom, kitchen, etc. You can stick one in your equipment bag if you play sports, or inside your suitcase if you're about to go on a trip.

Every time you see a sticky note, try to put it in to action within the hour. Make it a game with yourself. Before you know it, you'll be in the habit of looking out for others!