

JOURNAL PAGE MIDDLE SCHOOL SESSION 2

DIGGING IN

Getting the Scoop on God

THE SCOOP ON GOD

TAKING IT INWARD

Swimming Upstream

Challenges/Struggles	My Reminder
Example: peer pressure	Example: Because God <u>has given me a spirit of power</u> , I will <u>rely on this power to stick to my guns</u> .
1.	
2.	
3.	

CROSS-CHECKING

Open Supply Lines Psalm 118:1-8

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TAKING IT INWARD

Cosmic Commotion

Prayerfully consider how the info you've uncovered about God can help you in the challenges and struggles you listed above. In the right-hand column, write a reminder—a statement of determination—you can easily remember based on the info about God in 2 Timothy 1:1-10.

If you don't have any challenges listed above—or if you have extra time—write reminders for when you find yourself in one or more of these situations:

1. When you face sexual (or other) temptation.

2. When you feel like the only person around trying to live a godly life.

3. When you're depressed or nervous about life.

4. When you're grieving a loss.