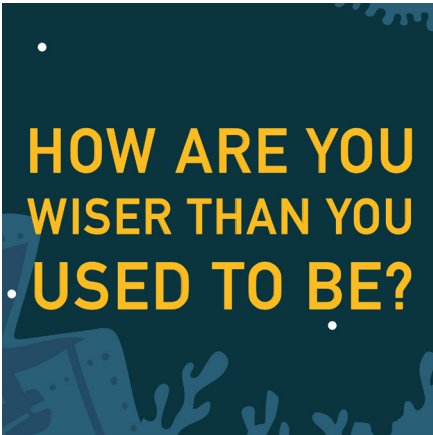


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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Day 1

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After watching, write one thing that:

1. You liked:

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2. You learned:

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3. You'd like to know:

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Day 2

Read Romans 12:2

After reading through Romans 12:2, write a sentence or two summarizing what you think it means (without looking at the verse).

Next, take your Bible and stand in front of a mirror. Make up motions for as many of the words as you can. Then repeat it, trying to remember what the motions were. Lastly, write a sentence or two summarizing what you think it means now (without looking at the verse).

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Did it change your understanding of the verse to put motions to it? Perhaps it made you think more deeply in general, or maybe it changed what you thought of some of the words.

God wants to change our thoughts to be more like Christ's. And one of the best ways we can allow that is by reading God's Word!



## Day 3

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### One way we can pray is by using God's Word itself!

One way we can pray is by using God's Word itself! We can change a few words to make it personal. Pray the prayer below that is written using Romans 12:2.

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Dear God, I don't want to live the way this world lives. Please change my way of thinking to be completely changed so that I can know what You want for me. I know what You want is right, and Your plan is good and pleasing and perfect. In Jesus' Name, I pray. **Amen.**

Come back to this prayer every day this week and read it out loud, asking for wisdom to know and follow God's plan.

Day 4

How are you wiser than you used to be?

Today you'll need to find someone older than you who has known you for a long time. Ask them, "How am I wiser than I used to be?" They may need a little bit of time to think of some examples; if so, make a plan to come together and chat about it later. Ask them details about the way they've seen you grow in wisdom. End your chat by talking with each other about any areas of your life that you know you need to grow in wisdom.



Day 5

Think back to your conversation from yesterday. What were some of the areas that you feel you need to grow in wisdom?

Get a sheet of paper, and at the top, write the area in your life where you most want to grow in wisdom. At the bottom of the paper, write where you currently feel you are on your wisdom journey in this particular area. (For example, you might want to grow in wisdom when it comes to how you spend your time. On the bottom, you might write that you currently feel stressed out all the time, or you are running out of time, or your grades are suffering because you aren't managing your time well.)

Then draw a line down the middle. At different points along the line, write down some steps you could take to grow in wisdom. This might involve asking advice from someone who seems wise in this area, talking to God about it, setting goals for yourself, etc. Try to write down 5-6 things if you can!

Hang the sheet somewhere you will see it every day. As you take steps towards growing in wisdom, use a different colored marker or pen to draw where you are on the growth chart. And remember, even if you make it to the top of the chart, **never stop growing in wisdom.**