Set the Table
The Bread Table

week 1
TAKE HOME SHEET

CONNECTIONS

living out the truths of Scripture every day!

Preteens will learn that El-Shaddai strengthens them and meets their deepest needs through His provision, His Word, and ultimately Jesus Himself.

Every day, you depend on things that God provides. This week, stop and notice something you need or enjoy. Then ask yourself:

- What did God provide for me today?
- Do I usually enjoy this without thinking about where it came from?
- How can I thank God for providing it?

Then take a moment to thank El-Shaddai and read the verses below. Your needs can become reminders that God is caring for you every day.

- ☐ **Psalm 104:27–28**
- ☐ **Psalm 145:15–16**
- ☐ **Acts 17:24–25**
- ☐ **1 Timothy 6:17**
- ☐ **Matthew 6:31–33**
- ☐ **1 Chronicles 29:12–14**

memorize this

☐

James 1:17

Every good and perfect gift is from God. This kind of gift comes down from the Father who created the heavenly lights. These lights create shadows that move. But the Father does not change like these shadows.

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Set the Table
The Honey Table

week 2
TAKE HOME SHEET

CONNECTIONS

living out the truths of Scripture every day!

Preteens will learn that El-Shaddai strengthens them and meets their deepest needs through His provision, His Word, and ultimately Jesus Himself.

You probably don't eat the exact same food every time you're hungry. Your soul needs different things too. This week, as you read the Bible, ask:

- What is my soul hungry for today?
- What is God giving me through His Word?
- How can I hold onto that truth throughout my day?

Don't just read these verses to check the little box and be done. Pay attention to what God is feeding your soul with each verse.

- ☐ **Jeremiah 15:16**
- ☐ **Romans 15:4**
- ☐ **Job 23:12**
- ☐ **2 Timothy 3:16–17**
- ☐ **Proverbs 16:20**
- ☐ **Psalm 19:7–10**

memorize this

☐

Psalm 119:103-104

Your words are very sweet to my taste! They are sweeter than honey to me.
I gain understanding from your rules. So I hate every path that sinners take.

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~~Set the Table~~

Set the Trap!

week 3

TAKE HOME SHEET

CONNECTIONS

living out the truths of Scripture every day!

Preteens will learn that El-Shaddai strengthens them and meets their deepest needs through His provision, His Word, and ultimately Jesus Himself.

Distractions don't usually announce themselves as traps. They often promise something fun, easier, or more exciting. This week, practice noticing what is competing for your attention and pulling you away from God. Ask yourself:

- What is this promising me?
- Could this keep me from something better God has for me?
- Do I trust that God's way really is better?

These verses can help you have strength to keep moving toward Him.

- ☐ **Proverbs 4:25–27**
- ☐ **Proverbs 14:12**
- ☐ **1 Corinthians 10:13**
- ☐ **1 Peter 5:8–9**
- ☐ **James 4:7**
- ☐ **Psalm 101:3**

memorize this

☐

Genesis 3:1

The serpent was more clever than any of the wild animals the Lord God had made. The serpent said to the woman, "Did God really say, 'You must not eat fruit from any tree in the garden'?"

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Set the Table
The King's Table

week 4
TAKE HOME SHEET

CONNECTIONS

living out the truths of Scripture every day!

Preteens will learn that El-Shaddai strengthens them and meets their deepest needs through His provision, His Word, and ultimately Jesus Himself.

Jesus invites you to know Him and spend time with Him. This week, "pull up a chair" at the King's Table each day. Read your Bible, pray, worship, and simply spend a few quiet minutes with Jesus. As you do, think about:

- What do I need from Jesus today?
- Have I been more interested in what Jesus can give me than in Jesus Himself?
- How can I spend time with Him today?

Remember, Jesus invites you to come to Him every day.

- ☐ **Matthew 11:28–30**
- ☐ **John 15:9–10**
- ☐ **Psalm 63:1–5**
- ☐ **Psalm 27:4**
- ☐ **Philippians 3:7–8**
- ☐ **Revelation 21:3–4**

memorize this

☐

John 6:35

Then Jesus said, "I am the bread of life. Whoever comes to me will never go hungry. And whoever believes in me will never be thirsty.

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