

Shake It Up

A series about the joy of Jesus coming to earth.

Week One

Luke 2:6-14

Because of Jesus, we can choose joy.

Week Two

Matthew 2:1-3, Matthew 2:7-8

Jesus is the center of the Christmas story.

Week Three

Luke 2:10-11

Jesus shows up in the middle of the mess.

MEMORY VERSE

“GLORY TO GOD IN HIGHEST HEAVEN, AND PEACE ON EARTH TO THOSE WITH WHOM GOD IS PLEASED.”

LUKE 2:14 NLT

BETHEL TWEENS

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

If your teen starts their day extra grumpy (it happens to all of us!), be okay with the silence. If possible, slip them an encouraging note in their backpack, bag, or lunch for them to find later.



Meal Time

At a meal this week, ask everyone: “What is a decision or a situation where you had the option to choose joy as a response?” If it’s hard to think of something, work together to find the joy in the situations you are facing.



Drive Time

While on the go this week, ask: “What is your favorite thing to eat during the holidays? What about your least favorite thing to eat during the holidays?”



Bed Time

Pray that both you and your middle schooler will choose to find joy every day, even when things are difficult.

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