



WEEK ONE

JOHN 1:1; JOHN 1:14a;
COLOSSIANS 1:15

The point of the Bible is to
get to know God better.

.....

WEEK TWO

PHILIPPIANS 4:13

When you know the whole story,
things make more sense.

.....

WEEK THREE

2 TIMOTHY 3:16a

We read the Bible because God
is in it.

.....

WEEK FOUR

PSALM 119:105;
PSALM 119:11a

The Bible helps us see
more clearly.



**REMEMBER
THIS:**

“Your word is a lamp for my feet,
a light on my path.”

PSALM 119:105, NIV



THINK ABOUT THIS:

Break It Down is a four-week series designed to help middle schoolers read, understand, and apply the truths of the Bible to their lives. Abstract ideas can be hard for middle schoolers to grasp and even harder for them to see played out in their own lives. That makes something like the Bible—a very big and seemingly abstract book—intimidating, uninteresting, or just plain confusing for a lot of middle schoolers. This series is designed to help relieve some of those tensions surrounding the Bible by breaking it down with a simpler, more phase-appropriate approach that middle schoolers can better understand.



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BREAK IT DOWN

 DO THIS:



MORNING TIME

Take time to memorize Psalm 119:105 as a family. Write it down, post it somewhere you can see it, and work to memorize it together. As you do, talk about the importance of keeping God's Word in your heart so it's there when you need it.



MEAL TIME

Ask your kid to teach you something new—something they love! Whether it's a TikTok dance, an instrument, a video game, a makeup tutorial, or simply how to shoot a basketball, let them break it down for you to learn and do yourself.



DRIVE TIME

To help them think about context, remind your kid that there is always more to the story than they know! The next time you hear your middle schooler talking about someone or something they don't understand, simply reply with this guidance: "Maybe there's more to the story that we don't know."



BED TIME

Spend time in the Bible together by reading the YouVersion devotionals associated with this series. Download the YouVersion Bible app and search "Break It Down" to find the devos. Then, read and talk about one each night this week with your middle schooler.

Download the free [Parent Cue App](#)
AVAILABLE FOR IOS AND ANDROID DEVICES



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