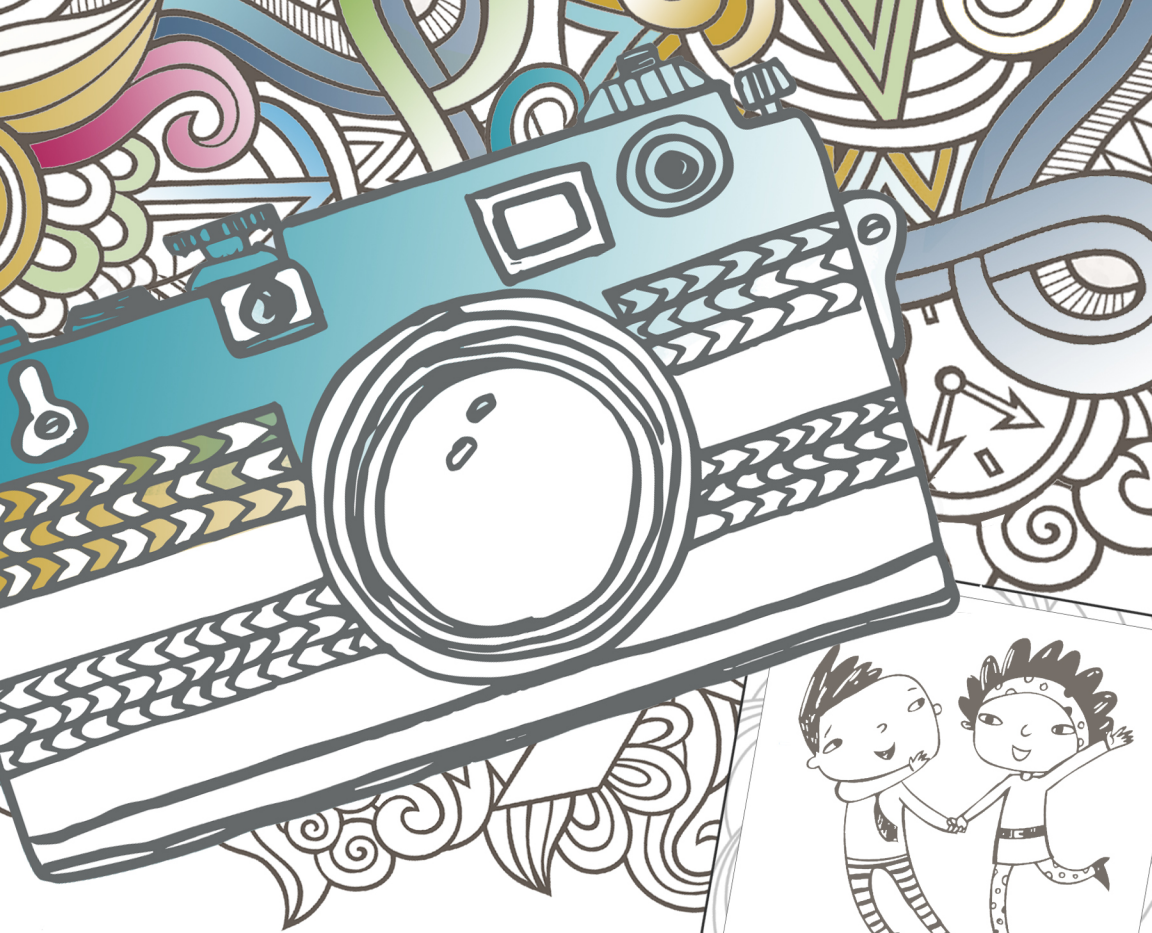




The Sibling CHALLENGE JOURNAL



BY KIM SORGIUS



Dedicated to my sister, Kristie,
who is always there for me, always
encourages, and knows how to share
her own opinions while still
loving mine!



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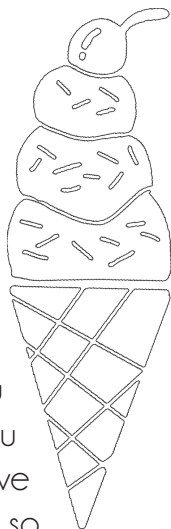
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If you desire to use this study for a church class or group, please contact Not Consumed Ministries for more information,
kim@notconsumed.com.

WELCOME TO THE SIBLING CHALLENGE JOURNAL.



I'm guessing you picked this journal up for one of two reasons. First, perhaps your parents told you to. If that is the case, good for you! Your parents love you and your siblings enough to do something to help you get along! Did you know that so many kids don't have this blessing? You are most fortunate. Keep reading so you can see what I mean.

If that doesn't describe you, perhaps you already know living with your siblings is difficult and you are hoping for help. If this is you, awesome! You are mature enough to understand when you need help accomplishing something. Mature Christians aren't perfect, they are willing to learn and grow. This journal is going to be just the tool you need.

Regardless of your reason for opening up this journal, we all have one thing in common: we are selfish! Yep, you read that right. I just called you selfish. But don't worry, I'm selfish, too. So are your siblings, parents, friends, even your pastor. We all share a common struggle to overcome our "flesh" or the selfishness inside that causes us to do even things we don't want to do. (Romans 7:15-20)

In fact, that's why it's so hard to get along with siblings. Anytime we live closely with someone,

*"our own desires, opinions, and
ideas will cause friction
in that relationship."*

By definition, friction is caused when any two objects rub against each other. When you live in the same house this can literally be physical contact with each other. But most often, friction refers to the conflict of wills, attitudes, emotions, and opinions. These things rub against each other making it difficult to get along with your siblings.

So what do we do about this? Most of the world just throws up their hands in defeat claiming that it's impossible for siblings to get along. Why even try? Siblings are doomed to a lifetime of fighting. That way of thinking is a lie. God has better plans for you and your siblings. Isn't that good news? After all, no one really wants to spend the rest of their life fighting with someone. We'd all rather get along.

The good news is God offers the help we need for what seems like an impossible task of loving our siblings and getting along with them. If you haven't done the sibling Bible study, *My Brother's Keeper*, I would encourage you to start by getting into the Word and understanding God's plan through that study. You can purchase it at www.store.notconsumed.com. If you've already done the study, this journal is the perfect next step.

Our goal in these pages is to focus on the truth we learned in the Bible study, spend some time thinking about our feelings, and finally to use all of this to change the way we interact with our siblings each day.

— GROW, LOVE, SERVE —

How to Use The Sibling Challenge Journal

✧ *My Job as a Sibling* is a review of your jobs as a sibling and will serve as helpful information to fall back on when you need reminders. Do this section first before doing any of the pages in this book.

✧ *Sibling Scripture* is a collection of the best Bible verses for helping you to become a better sibling. These are meant to be colored as you meditate on and memorize them. Do one of these pages per week once you start the sibling challenge to help you stay focused.

✧ *Journal* will help you think through some of the biggest problems we face as siblings. Do one of these pages every so often, especially on days when you struggle.

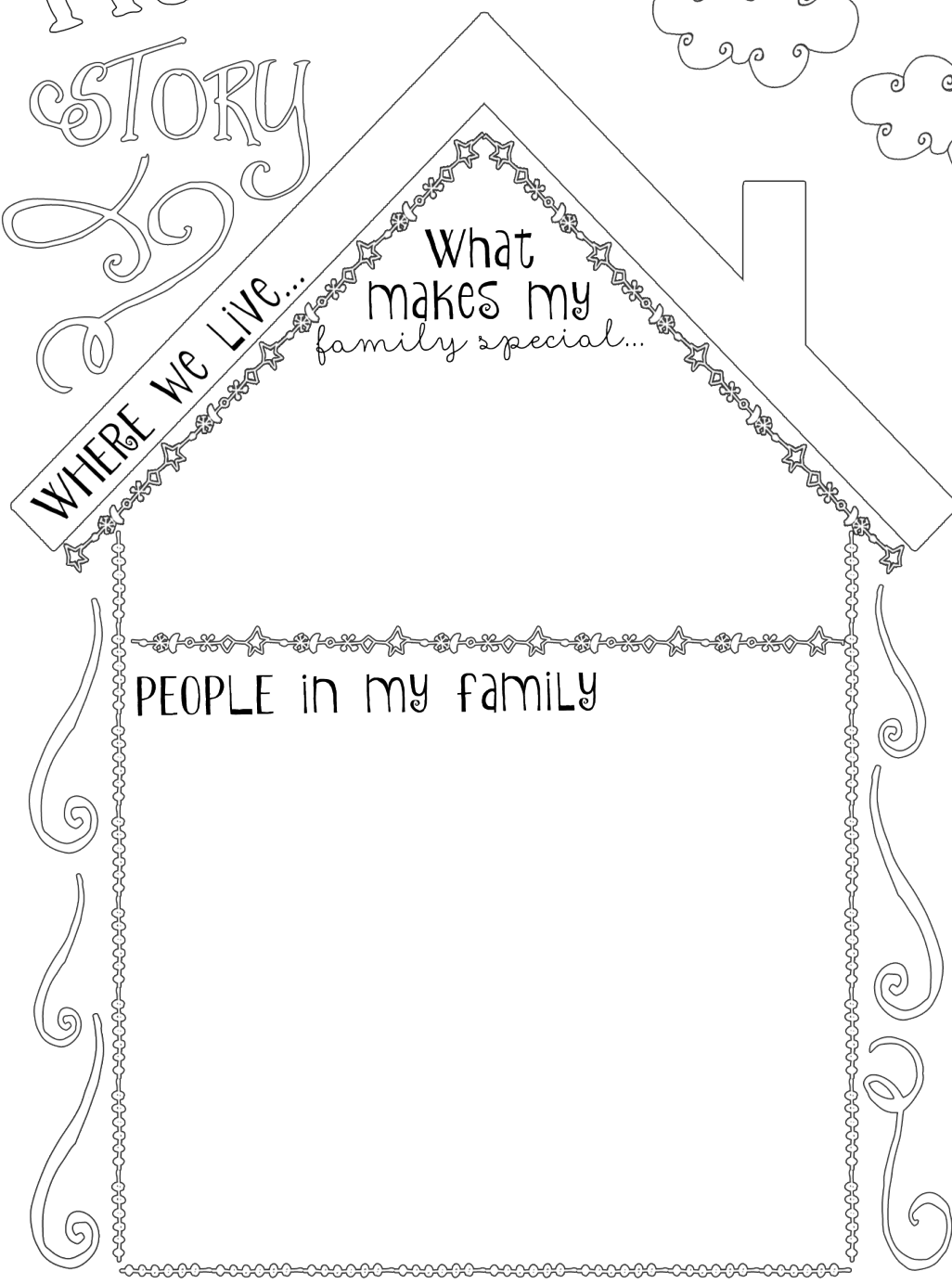
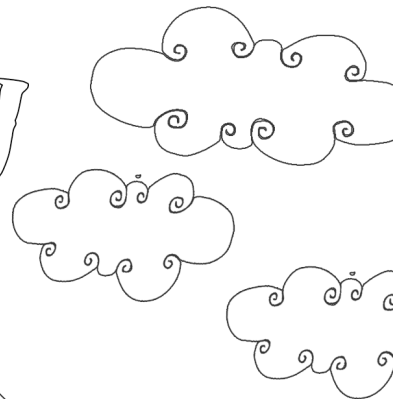
✧ *Sibling Challenge* is the part of this book that will help you grow the most. After you have completed section 1, go ahead and begin working on the challenge. Each page is designed to cover one week and to help you really focus in on serving and loving your siblings. There is also a place to record your thoughts and results for the week. Instructions for this section can be found on the first page.

✧ *Resources* is the place you will come when you need ideas. There is nothing to write in this part of the book. It's just lists of information you can use to help you with your goal of serving and loving your siblings. You don't have to do all of these things. Use this section as a guide to help you think of ideas. You will probably refer to it often.

A teal speech bubble with a white outline and a tail pointing towards the bottom left. Inside the bubble, the text 'My Job as a Sibling' is written in a white, hand-drawn, cursive font. The background of the entire image is divided into four horizontal bands of color: dark blue at the top, teal in the second band, mustard yellow in the third band, and magenta at the bottom. The speech bubble is positioned in the upper half, overlapping the dark blue and teal bands.

My Job as a Sibling

MY FAMILY STORY



WHERE we Live...

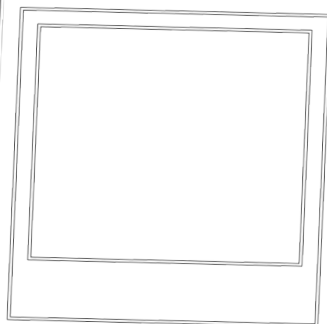
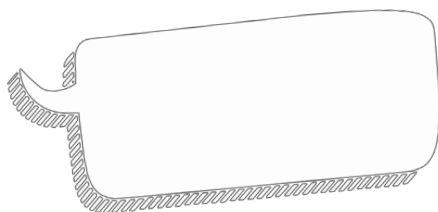
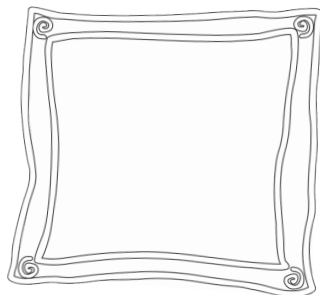
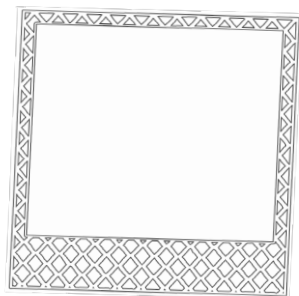
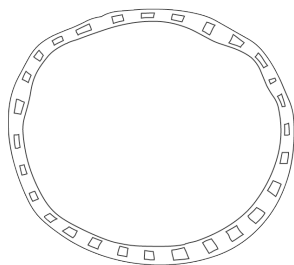
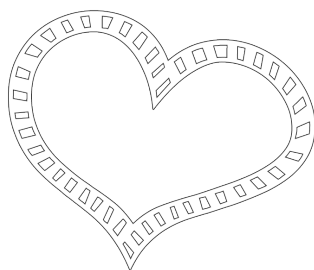
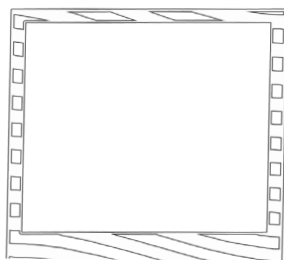
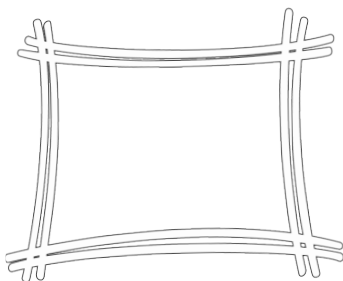
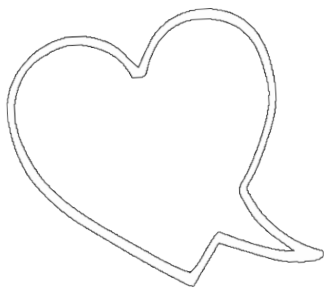
What
makes my
family special...

PEOPLE in my family



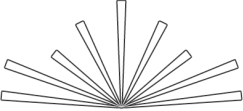
My JOB IS TO ★ LOVE ★

Kind words I can say...

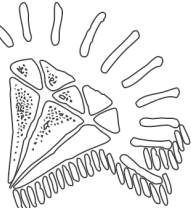


Sibling
Scripture

A
BROTHER
IS
★ *born*
★ FOR ADVERSITY
★
PROVERBS 17:17 ★



Do nothing
from
selfish
AMBITION
or conceit,
BUT IN
HUMILITY
count others
more
significant THAN
YOURSELF



Philippians 2:3



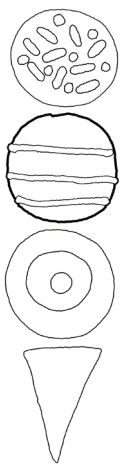
In Exodus 2:1-10 Miriam served her brother Moses. Read the story as a reminder. When it comes to serving your siblings, what makes it hard for you?

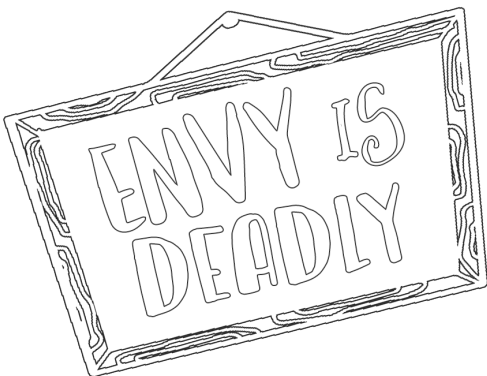
Handwriting practice area with a grid of dots for writing.

What do you think you need to work on?

What can you do to make sure you don't forget to serve your siblings?

Handwriting practice area with a grid of dots for writing.





We all know the story of Cain and Abel. Don't be like Cain and let jealousy cause you to harm your siblings or yourself. When you feel jealous about something, write it in the chart below and then record something positive you can say about that thing. Practice saying these when you are tempted to feel angry or sad.

SIBLING'S NAME ★	★ THINGS I'M JEALOUS ABOUT	SOMETHING GOOD I CAN SAY ABOUT THAT



Sibling
Challenge

SIBLING CHALLENGE

WEEK OF _____

- ☐ Do a puzzle with your sibling
- ☆ Try something new with your sibling
- ▽ Give them a hug
- ⊗ Tell them you love them
- ♡ Give your sibling a compliment
- ☐ Make a drink for a sibling
- ☆ Let your sibling choose the movie
- ▽ Make your sibling's bed
- ⊗ Let your sibling have first choice.
- ♡ Share a favorite Bible verse with them.
- ☐ Do a kind deed for your sibling
- ☆ Make a snack for a sibling
- ▽ Do something extra for your sibling
- ⊗ Share your favorite thing with them
- ♡ Pray together, specifically for them.
- ☐ Read a book to or with your sibling
- ☆ Play a game of their choice.
- ▽ Do your sibling's chore
- ⊗ Include sibling in playing with your friends
- ♡ Find a project to do together.
- ☐ Let them go first
- ▽ Give them something of yours
- ⊗ Leave your sibling a love note
- ♡ Allow them to play with your toys.
- ☐ Give up your seat for your sibling
- ☆ Listen to their story
- ▽ Clean up a sibling's mess
- ⊗ Do your sibling's laundry
- ♡ Give them a back or foot rub
- ☐ Take care of a sick sibling
- ☆ Let your sibling choose the movie
- ▽ Pray for your sibling
- ⊗ Tell them a joke
- ♡ Clear their dishes
- ☐ Tell them 3 reasons they're special
- ☆
- ▽
- ⊗
- ♡
- ☐
- ☆
- ▽
- ⊗
- ♡

My **NOTES**
for the Week

My **FAVORITES**
FOR THIS WEEK



THE RESPONSE
OF MY SIBLINGS

Special PRAYER REQUESTS
FOR MY SIBLINGS

A large rectangular area for writing, enclosed by a decorative border. The border consists of a solid line on the left and top, and a line with swirls on the right and bottom.



Resources

FUN THINGS To DO WITH your Sibling



- ☆ play board game
- ▽ ride bikes/outdoor activity
- ♡ do a puzzle
- make up/sing a song
- ⊗ write a story together
- ☆ try a crazy hairstyle on each other
- ▽ illustrate a favorite story together
- ♡ narrate a favorite book together
- make a scavenger hunt
- ⊗ do a craft
- ☆ bake/decorate cookies
- ▽ make a treasure map
- ♡ set up a lemonade stand
- write and act out a play together
- ⊗ build a Lego city together
- ☆ volunteer at a soup kitchen or other charitable location
- ▽ learn a few words or a song in a different language together or invent your own
- ♡ have a nerf gun war (team up against parents)
- read jokes from a joke book to each other
- ⊗ play Mad Libs together
- ☆ play sibling trivia to see how much you know about each other
- ▽ build a fort together
- ♡ make a themed collage from magazine photos
- make a short storybook using newspaper/magazine photos and clips
- ⊗ create an obstacle course
- ☆ egg drop challenge
- ▽ play animal charades together
- ♡ build an index card tower together
- choose a scripture verse to memorize together
- ⊗ make a "mailbox" to send notes to each other
- ☆ find out your sibling's "love language" and find ways to use it
- ▽ start a project together (woodworking, building, sewing, etc)
- ♡ go through old games, toys, books to give to charity
- collect mail, take out trash, or clean up yard for an elderly neighbor together
- ⊗ plan a meal together and help prepare it if possible
- ☆ collect bugs/frogs/fireflies together
- ▽ start a collection together (rocks, leaves, stamps, etc)
- ♡ go on a nature hike- include a scavenger hunt
- draw a picture together, taking turns adding each line



Things I learned
from this book

