

Confidence means learning to see yourself the way God sees you.

WEEK
JULY 25
4-15^T

Read Colossians 3:2

DAY
1

Focus

Grab a friend and sit across from each other so you can see each other's faces. Take turns making each other laugh without making noise or touching each other (no tickling). One person will be funny, and the other person will have to focus. Once the focuser laughs, you switch! The goal is to keep a straight face the longest.

Remember that focusing on God will always be the right choice.

DAY
2

Focus and Float

With the help of an adult, grab a container full of water and some small scraps of paper. Place your container of water somewhere flat and wait until the water is still. Now, pick up one small piece of paper at a time and carefully place it on top of the water's surface. Focus on what you are doing so the paper doesn't sink. After a few tries, close your eyes and place more paper on top of the water again without looking.

Does it make it easier or harder to focus on keeping your paper afloat with your eyes opened or closed? When you set your eyes on the goal (Jesus) things are easier to understand. When losing focus on Jesus, Peter began to sink into the water.

Look for the times you need to keep your eyes on Jesus and not distractions.

DAY
3

Heaven Focused

Read Colossians 3:2. Look below and circle some things that we can do to help us stay focused on God and heaven.

Reading the Bible

Singing

Memorizing Bible Verses

Telling others about Jesus

Praying

Dancing

Ask God to help you keep your eyes on heaven, even when it's hard.

DAY
4

All By Myself

Find a quiet place in your house, somewhere without any distractions like a quiet corner, a front step, or your favorite comfy spot. Talk to God in the quiet. Say something like this:

"Dear God, I pray that You can help me focus on You and not become distracted by things that don't matter. I pray that I can do and say things that show how much I love You. In Jesus' name. Amen."

Stay focused on Jesus.

