

READ 1 CORINTHIANS 16:13

DAY 1

There are a lot of things that can take our attention away from what needs to be done, so it's important to keep our focus on what God has for us to do. That requires us to be on our guard and remain strong and brave!

Make up some hand motions to help you memorize 1 Corinthians 16:13. For example, you can put your fists up by your face as though you're a boxer "on guard," then flex your biceps for "strong," and then end with your arms down by your side, standing brave and proud. Make your own version and repeat it in front of the mirror a few times until you know it and believe it!

ASK God to help you remain strong as you focus on what needs to be done.

READ 1 CORINTHIANS 15:58

DAY 2

Here's a fun challenge: say the alphabet backward. Z, Y, X, W, etc.

It takes a serious amount of focus, doesn't it? You probably didn't think about anything other than letters for a couple of minutes while you tried to complete the challenge.

Whenever you're trying to do what you know you're supposed to be doing, it takes focus. So many things can distract us. But by keeping our focus on what God has for us to do, we can get the task done and move on to the next thing He wants us to do!

KNOW that God has given you important work and all you need to get it done.

READ JAMES 1:23-25

DAY 3

Sometimes we hear what we're supposed to do, but then we get distracted and forget to follow through. What are some things that distract you from doing what you're supposed to do? Unscramble the list below to find some common distractions. (Note: these aren't bad things at all; they can just distract us from what God wants us to do if we aren't careful.)

NSLEETIOIV	
MSAGE	
PTSORS	
LECL NHOEP	
TETENIRN	
RDGNFAI	

ASK God to help you ignore distractions when you have a job to do.

Answers: television, games, sports, cell phone, video games, internet, reading

READ PROVERBS 4:25-27

DAY 4

Try patting your head and rubbing your belly in a circle at the same time. Now, try reversing it: rubbing your head in a circle and patting your belly. Which one was harder for you? They both required a lot of focus though, right?

Choosing the right path, or making the wise choice, requires a lot of focus too. There are a lot of things and people that can distract us and steer us off course. But if we think carefully about the choices we are making, we can follow in God's footsteps and stay on the right path.

LISTEN for God's voice to guide you down the right path and stay focused on what He has for you to do.

STAY FOCUSED ON WHAT NEEDS TO BE DONE.