



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.

