

FOCUS

FOCUS BOUNCE



TALK ABOUT GOD

BIBLE STORY
REVIEW

BIBLE STORY

The Lord's Prayer

Matthew 5:6-13

MEMORY VERSE

"Let us keep looking to Jesus. He is the one who started this journey of faith. And he is the one who completes the journey of faith."

Hebrews 12:2a (NirV)

BOTTOM LINE

You can pray anytime, anywhere about anything.



MOVE

an activity that increases the oxygen in their brain and taps into the energy in their bodies

FOCUS BOUNCE

WHAT YOU NEED: Summer Jam cup, ping-pong ball, chair

WHAT YOU DO:

- Place the cup on the ground behind or next to the chair.
- Stand or kneel on the chair, close one eye, and attempt to drop the ping pong ball into the cup. ****Your hand can not go lower than your chest to drop the ball.**
- Each player gets three tries, and then must pass to the next player. Keep taking turns until you get the ball into the cup. ****If it bounces in, it counts!**

WHAT YOU SAY:

"It was really hard to focus on making it in the cup because we only had one eye open. Following Jesus can be like that sometimes. We don't fully understand everything He is doing at that time and it can be hard to trust Him, but when we pray, we take the focus off of ourselves and put our focus on Him. When we pray to God about what we are feeling, it keeps us focused and we build that relationship with Him, so remember- You can pray anytime, anywhere, about anything! Staying **FOCUSED** can be really challenging, especially if we don't know how to make it through a tough situation. But the great thing about choosing to focus on God is that **[BASIC TRUTH] we can trust God no matter what!** When we pray to God about what we are feeling, it keeps us focused and we build that relationship with Him, so remember- **[BOTTOM LINE] You can pray anytime, anywhere, about anything!**