

READ COLOSSIANS 3:1

DAY 1

Find a way to set a timer for one minute and write down as many things as you can think of that start with the letter 'M.'

How did you do? You probably came up with quite a list. Why? Because you were super focused on the letter 'M!'

Whatever we focus on is going to be at the front of our hearts and minds all day long. This week, try to turn your thoughts to Jesus as much as you can. Think about His love for you. The cool stories He told to teach people about God. The miracles He performed. The work He is still doing in your life. The more you focus on Him, the more He will naturally come to your mind throughout the day.

KNOW that thinking about Jesus and heaven can make your day much better!

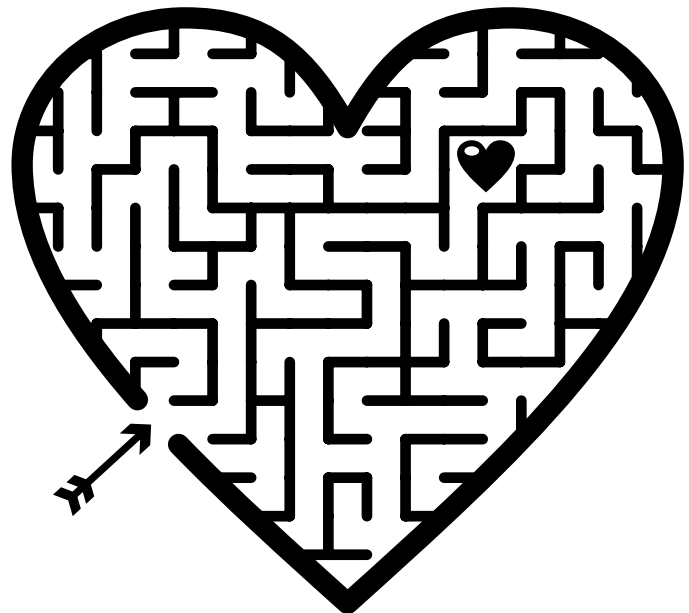
READ JEREMIAH 29:13

DAY 2

Find your way through the maze to the right.

When we search for God with our whole hearts we are focused on what He says and won't get distracted. God promises that we can find Him when we focus on Him. As you go throughout your day today, look for God in the simple things. Maybe it's a pretty sunset, or your dad shows you love by making your favorite dinner. When you really focus on finding God, you'll find Him.

ASK God to show Himself to you.



READ HEBREWS 12:2

DAY 3

This verse talks about the journey of faith Jesus started while He was on earth. He was the one who started the journey AND He finished it. We're all on our own faith journey and sometimes we lose focus. Today, we're going to practice keeping our focus.

Head outside with a friend or family member and make a starting line and a finish line. Together, come up with at least three different version of how to finish the race. Is it walking in zigzags, walking backwards, or racing with your eyes closed? Add an extra challenge by spinning around with your eyes closed.

It's a lot easier to focus on the finish line when there aren't distractions. It's easy to switch our focus to things other than Jesus. But in reality, that can make our lives much harder. When we focus straight ahead on Jesus, we win the race! Take some time to think through what distracts you from Jesus.

THANK God for sending Jesus so that we can learn from Him.

READ ISAIAH 26:3

DAY 4

Match the following activities with their results.

If you focus on . . .

Studying hard
Being kind
Exercising
Jesus

You'll likely have . . .

Good grades
Peace
Friends
Strength

Yes, God promises us peace if we focus on Jesus! No matter what hard thing you are facing today, if you focus on Jesus, you can find peace.

KNOW that focusing on Jesus brings peace.

STAY FOCUSED ON
JESUS.

