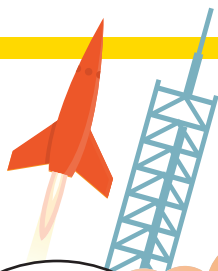


Ready for Launch: Boldly do what needs to be done



First, watch
this week's
video!

Initiative:
Seeing what
needs to be
done and
doing it

Memory Verse

"Work at everything
you do with all your
heart. Work as if
you were working
for the Lord."

Colossians 3:23a, NIV

Bible Story

Nehemiah and
Sanballat
Nehemiah 2:19–20,
4, 6

Bottom Line

Stay focused
on what needs
to be done.

Use this guide to help your family learn how
God can help us show initiative.

Activity

Cupping Up

What You Need:

Lots of plastic cups

What You Do:

Start off with three plastic cups each, facing down. Stack two cups on the bottom and one on top to create a three-cup tower (one tower for you, and one for your child). Set the rest of the cups where you can both reach them.

Say, "I'm going to ask you questions from the Bible story. If you get a question right, you get another cup to add to your tower. If you get it wrong, I get another cup. Let's see who can build the tallest tower! Ready?"

Bible Story Review Questions

- What did Nehemiah do about the broken-down walls? (*He gathered the people in the city to rebuild the wall.*)
- People from neighboring nations weren't happy about Jerusalem rebuilding the wall. Why? (*Because if the wall was rebuilt, the people living there could defend themselves again.*)
- What did Nehemiah do when Sanballat and Tobiah laughed and made fun of the people as they worked on the wall? (*Nehemiah did not get upset. He kept working.*)
- When the people heard Sanballat and Tobiah making fun of them, did they stop working or keep going? (*They kept going.*)
- Even when Sanballat made up stories about Nehemiah, did Nehemiah keep going? (*Yes, Nehemiah trusted God and kept working.*)
- Today we learned to "stay focused on what needs to be ____." (*done*)

When you've finished asking all the questions, count to see who has the most cups! Say, "Building a tower like that takes focus. You did a great job staying focused on what needed to be done!"

Talk About the Bible Story

What are some excuses or distractions that keep us from doing what needs to be done? (*Toys, screens, friends, just don't want to do the task*)

Which excuses do you think you use the most?

What can happen when you don't stay focused on what needs to be done?

Parent: Share about a time when you finished a BIG task. Maybe you completed a big home improvement project or finished a degree. Talk about the distractions along the way, and how you were able to stay focused so you could get the job done.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, thank You for giving us what we need to stay focused on what needs to be done. Please show us the important work You have for us this week. Help us to be like Nehemiah and finish what we've started, instead of getting distracted when things get in the way. We love You, and we ask these things in Jesus' name. Amen."

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Key Question

What distracts
you from doing
what needs to
be done?

Activity

FOCUS!

What You Need:

No supplies needed

What You Do:

Say, "Everyone can get distracted from time to time. I'm going to give you some examples of different activities. I want you to tell me what might distract you from doing each activity."

Activities:

- Listening in class
- Reading a homework assignment
- Cleaning your room
- Memorizing a Bible verse
- Stepping out of your comfort zone and trying something new
- Praying
- Helping someone in your family

Ask, "If you know that you'll be easily distracted by something, what can you do to remind yourself to stay focused?"

Together with your child, come up with a funny saying or gesture you and your child can do when you're feeling distracted from an important task. The saying or gesture should remind both of you to stay focused on what needs to be done.

Talk About the Bible Story

What did Nehemiah do about the broken-down walls? *(He gathered the people in the city to rebuild the wall.)*

People from neighboring nations weren't happy about Jerusalem rebuilding the wall. Why? *(Because if the wall was rebuilt, the people living there could defend themselves again.)*

What did Nehemiah do when Sanballat and Tobiah laughed and made fun of the people as they worked on the wall? *(Nehemiah did not get upset. He kept working.)*

In your life right now, what would you say are the most important things for you to stay focused on?

Parent: Share about a time when you finished a BIG task. Maybe you completed a big home improvement project or finished a degree. Talk about the distractions along the way, and how you were able to stay focused so you could get the job done.



Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, even when others tried to distract Nehemiah or when those around him were discouraged, Nehemiah stayed focused on what You wanted him to do. Help us to follow Nehemiah's example this week. When we start to get distracted by fears, problems, or [name some distractions your child mentioned earlier], remind us to ask for Your help. Amen."