

Initiative is seeing what needs to be done and doing it.

Read Hebrews 12:1

DAY

1

Finding a Focus

Grab a sheet of paper. Roll up the paper to create a tube and secure with tape or glue. Ask a friend to play a game of Find It. Take turns looking around your space and naming an object. The other person will look through the tube with one eye closed or covered so that they can only focus on the object through the tube. Take turns playing!

Look for ways that you can use your focus to help others.

DAY

2

Focus, Don't Fidget!

Sometimes small things like standing in one place takes a lot of focus but when we have a focal point it makes things a lot easier! Find an open space in your house, stand on one foot and have someone count how long you can balance. Now, find a focus point in your room. It could be a dot on the wall, a picture, anything that doesn't move. Stand on one foot again while focusing on that point and count. Did it make your time longer or shorter?

Know that with God's help you can focus on things that matter.

DAY

3

Throw It!

Read this week's Bible verse, Hebrews 12:1. On a sheet of paper write the words: "Throw off what stands in our way!" and write or draw something that can keep you from helping others! Is it video games or TV? After you have written what stands in your way, crumple up that paper and throw it away to signify that you are going to try better on taking initiative!

Ask God to help keep distractions away when you need to focus.

DAY

4

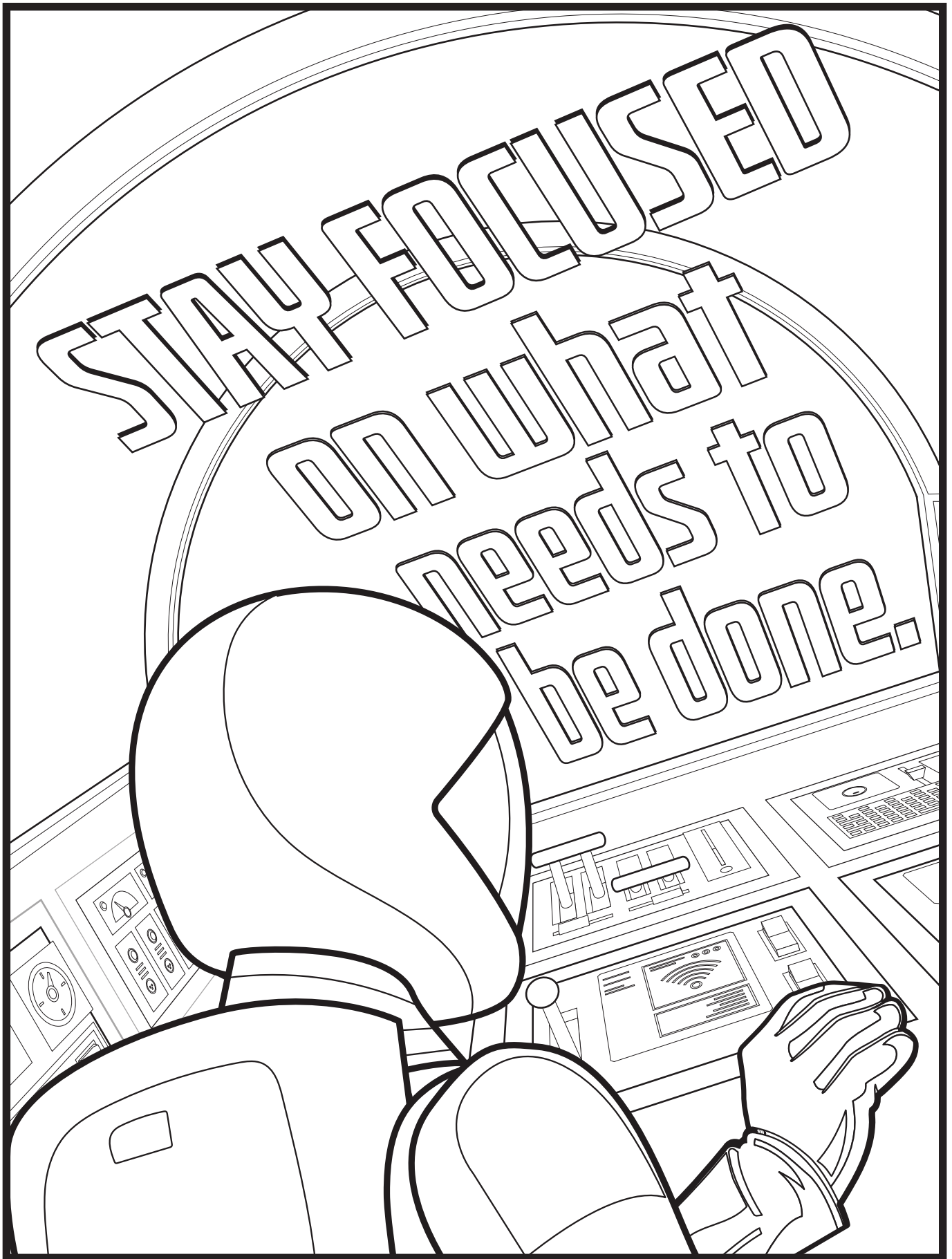
Let's Focus

God wants us to stay focused on telling others about Him, taking initiative, and helping others. If we can stay focused on what God wants us to do we can show others His love for them! Talk to God and ask Him for help.

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"Dear God, Help me to show others that they are important by helping them, being there for them, and staying focused on what you want from me. I pray that I can have good initiative this week. Amen."

# Stay focused on what needs to be done.





## Initiative is seeing what needs to be done and doing it.

## DAY 1

**Read Colossians 3:23a**

We all have big jobs that have to get done. Sometimes the hardest part is staying focused on the task in front of us. It's easy sometimes to let distractions get the best of us.



Unscramble the distractions below.

Having a .....  
K N A S C

Playing video .....  
S M G A E

Staring out the .....  
W W N I D O

What if we decided to think differently about why we're working? What if think about every single job as if we're working for God? Even if no one else sees or notices what you've done, God does!

Circle your number one distraction from the list above. Each time this particular distraction shows up, repeat today's verse and ask God to help you stay focused on what needs to be done so you can finish strong!

## DAY 2

**Read Proverbs 4:25**

Have you seen the movie *Up*? One of the funniest parts is when Dug the dog—right in the middle of speaking—turns his heads and says, "SQUIRREL!" He's so easily distracted by a squirrel crossing his path that he freezes to watch him.

Do ever feel like Dug? It's easy to get distracted if we're always yelling, "Squirrel!" and looking to the right or left. To keep ourselves on task, we need to focus.

**This week, ask God to help you stay focused on what needs to be done!** Ask Him to help you keep your eyes focused on the task in front of you so you can finish strong.

### DAY 3

#### Read Nehemiah 6:3

Just like a good movie or story, every plot has a good guy and a bad guy! In the story of Nehemiah, it's pretty obvious which one he is! He's the good guy. But there were bad guys too. They tried over and over again to distract Nehemiah, to get him to come down off the wall so the work would cease. When they tried to distract him, Nehemiah said, "I'm doing a great work and I cannot come down."

What if you did that? It might sound like this: "Sorry, video games. I'm doing a great work and I cannot come down."

If you want to finish strong and be the good guy or girl, take your cue from Nehemiah and stay focused on what needs to be done.

**Ask God to help you battle through the distractions by remembering this phrase: *I am doing a great work and I cannot come down.***



Stay focused on what needs to be done.

### DAY 4

#### Read Ecclesiastes 7:8

Think about someone you know or someone you've read about that accomplished something big.

- ➔ A runner that trained for months to complete a marathon
- ➔ A writer who finished a novel.
- ➔ A student who graduated from college.

**When you have a big job to do or a big goal to accomplish, it's worth it to think about the end.** That's what Nehemiah did! He probably pictured a completed wall, a safe, strong, and sturdy wall that would protect everyone within it. Nehemiah stayed focused and patiently worked day after day (and encouraged others to do the same) until the task was completed.

As you grow up, you'll start to set big goals for yourself. You'll begin to recognize the things you're good at, the things you love to do. And as you discover those things, you'll have the opportunity to work every day towards that big goal. Remember, the same God that was with Nehemiah is with you. He will help you stay focused so you can finish what you start, no matter how big the task!





# Journal

**Spend some time thinking about the question below and journal your thoughts or share them with a parent.**

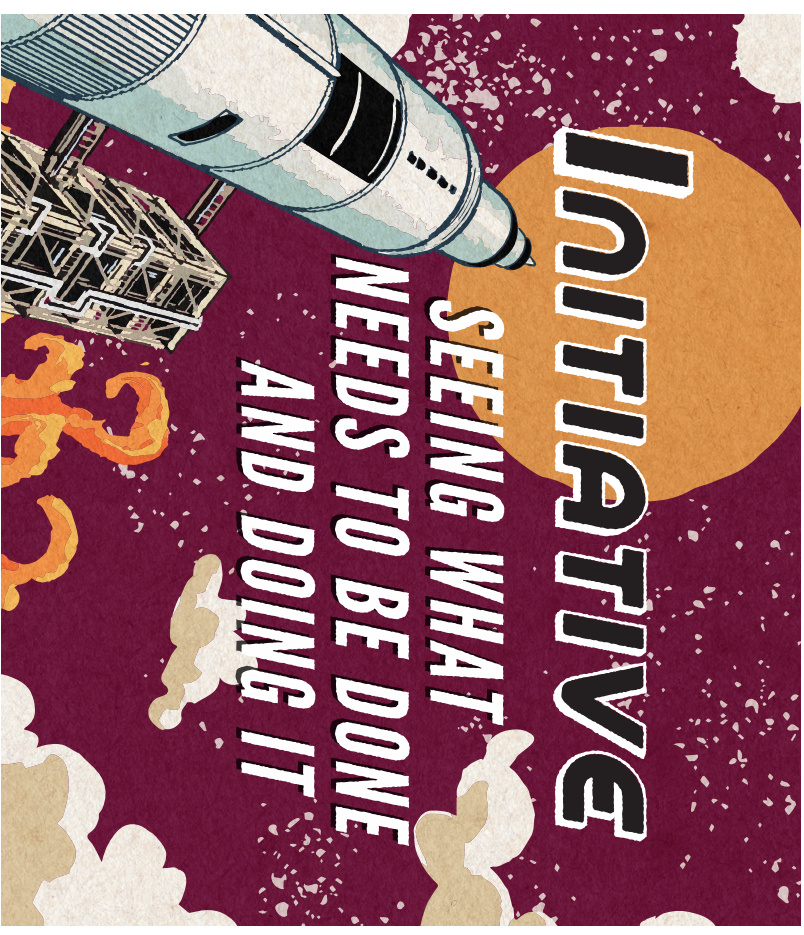


The image shows a pink rectangular poster with the text "WHAT DISTRACTS YOU FROM DOING WHAT NEEDS TO BE DONE?" written in a bold, black, sans-serif font. The text is arranged in four lines, slanted slightly upwards from left to right. To the left of the text, there are three stylized black heart shapes. White lightning bolt graphics strike down from the top edge. Red ink-like splatters are visible at the bottom and right edges. Below the poster, there are ten horizontal dotted lines spanning the width of the page, providing space for handwritten notes.

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September  
2021

**Week Three**  
4th-5th



# Day 1

After watching, write one thing that:

Go to [bit.ly/SundaysAtHomePreteen](http://bit.ly/SundaysAtHomePreteen) and watch this week's episode of The So & So Show.

### 1. You liked:

## 2. You learned:

**Even if you already saw it at church,  
feel free to check it out again!**

### 3. You'd like to know:

## A Devotional on Initiative

FOR AN  
**everyday faith.**

## Day 2

### Read Nehemiah 2:19-20, 4, 6

There were so many things that could have distracted Nehemiah and the people from rebuilding the wall. Circle the potential distractions that you find as you read Nehemiah 2:19-20, 4, 6, make a list of all of the distractions you find.

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....

## Day 3

**When you look back at the list of all of the distractions that Nehemiah and the workers faced, it's kind of amazing that they were able to stay focused on what needed to be done!**

You probably don't get distracted by people attacking you, but you have your own tempting distractions. Maybe video games distract you from homework, or instead of cleaning your room, you find yourself playing with your toys. Maybe it's even your thoughts that distract you from doing what you need to do. What is something that often distracts you?

\_\_\_\_\_

If it's a physical object that distracts you, write the word PRAY on a sticky note and place it on that object. If it's your thoughts or your friends, write the word PRAY on your hand. Every time you're tempted by the distraction, take a minute to talk to God about it. And then try to remove yourself from the thing/situation/person that is distracting you so you can stay focused on what needs to be done.

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Need help knowing what to pray? Keep it simple:

Dear God, I know I need to
..... right now,
but I keep getting distracted by

..... Please
help me **stay focused on what needs to be done.** In Jesus' Name, I pray. Amen.

Day 4

Sometimes we need gentle reminders to stay focused on what needs to be done, especially if it's something we constantly find ourselves too distracted to finish.

Invite a friend or family member to help you stay focused. You might create a code word that you can say to each other when you see each other getting distracted. Or you could simply give that person permission to call you out when they see you losing focus.

It can be challenging to finish what needs to be done with so many distractions around, but having friends who will speak truth to you can keep you focused on what needs to be done!

Day 5

What distracts you from doing what needs to be done?

You've probably noticed by now that you have a couple of things that are distracting you. For many people, that is a screen, but some can even get distracted by things like cleaning instead of homework, or playing outside instead of doing their chores.

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Write down the top 2 things that you struggle completing:

.....  
.....  
.....

Now write down the 2 things that tend to distract you:

.....  
.....

Ask a parent if you can go outside and get some stones/small rocks. Try to get at least five. (Or just crumple up five sheets of paper as pretend rocks.) Place the rocks in a container, then find a location (a countertop, table, etc.) to build a wall.

Every time you complete one thing you wrote down on your list WITHOUT being distracted by one of the things on the second list, take a stone from the container and add it to the wall. Once all of your rocks have been added to the wall, reward yourself with one of the distractions: like 30 minutes of screen time, or an afternoon playing outside. You'll probably find you enjoy that time even more too, knowing that you stayed focused on what needed to be done!

