

## Sample Lesson

Title: Stay Focused

Scripture Reference: Philippians 4:8, Luke 10: 38-42

Memory Verse: “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy— think about such things.” Philippians 4:8

Gestures / Signs for the memory verse: True (make a “T” in sign language), Noble (pretend to put on a crown), Right (hold up your right hand), Pure (pretend to wash your hands), Lovely (make a heart shape with your hands), Admirable (salute), Excellent (Jazz hands / excited hands), Praiseworthy (praying hands)

Key Truth: It’s easy to get distracted or anxious and forget to think about the things that make God happy.

Activity: Hidden Picture Puzzle

Material: One large poster Hidden Picture Puzzle, markers or colored pencils.

As a group, color the items listed until all the items have been found. As the students search for the hidden items, point out that it can be difficult to focus on finding the items when there are so many other things in the picture. The picture is very busy and distracting. Ask the students what kinds of things keep them busy, distracted, worried, or overwhelmed.

Bible Story:

When we think about all the problems we have or that we see around us, it’s easy to get anxious and discouraged. That’s nothing new. Two thousand years ago a young woman named Martha struggled with problems and worry. Let’s read Luke 10: 38-42. (Read aloud or get a volunteer to read).

Both Mary and Martha loved Jesus. They showed that love in different ways. Mary focused on spending time with Jesus and thinking about what He taught. Martha showed her love by serving Jesus. Those are both good ways to show our love for God and Jesus.

The problem began when Martha became overwhelmed with all the work around her and the problems keeping her busy. She stopped focusing on what Jesus was teaching, and she began to focus on how alone she felt in doing the work. She began to get angry with her sister for not helping. The moment her thoughts focused on the work and busyness, she forgot the things Jesus wanted her to think about.

Can you think of a time when you became busy or worried? What about a time when you were overwhelmed by problems or felt like you weren't being treated fairly? We can learn an important lesson from Martha. When we feel tired, worried, overwhelmed, or hurt, we can decide to start thinking about things that make God happy and give us peace.

The next time you've been working hard and feel tired or overwhelmed, you can remind yourself of the truth- "I can do everything through Christ, who gives me strength." ( Phil. 4:13 NLT ) The next time you feel worried or hurt, you can focus on the truth- "Don't worry about anything; instead pray about everything...His peace will guard your hearts and minds in Christ Jesus. (Phil. 4:6-7 NLT)

We can focus our thoughts on what God says is true, doing what is right, praising Him for what He has made or done, and everything that is going right. When we focus on what makes God happy, there's not much room for any other thoughts.

Printable / Activity:

Cut & Paste

Materials: Eyeglasses drawing, words printed to cut out, glue or tape, craft supplies, colored translucent film (option 2), scissors, (option 2)

Provide paper with large eyeglasses with the title "Focus on what is...". Have the students decorate their glasses and either write or paste the key words from the memory verse on the lenses of the glasses.

Option 2: Have the students write the memory verse on the frame of the glasses. Cut out the lenses and tape or paste colored translucent film over that space to create sunglasses.

Prayer: Pray that God would help us focus on the thoughts that make Him happy. Pray that other people will see the peace that comes from those thoughts and want to know God more.