

DISTRACTIONS



GET INTO
THE BIBLE



20 MINUTES



IN THE
CUPBOARD



GETTING INTO THE ACTIVITY

Building a relationship with God takes time and effort. Are we making our relationship with God a priority or are we being easily distracted?

Start by playing a game of dizzy penalties.

Dizzy Penalties: Have a penalty shootout with your family members and keep a record of how many penalties each person scored out of 5. Now take another 5 penalties each. This time, before taking each penalty, you must spin around to make yourself dizzy. Compare the two scores.

How did the scores compare? Did the distractions impact your performance, making you less successful? Distractions mean you can become less focused on what you're trying to achieve. Can you think of any examples of times when you got distracted and something happened (i.e missed the bus, forgot to do something etc). Life is full of distractions and this includes when it comes to being distracted from God too. Can you think of examples of things which could be distracting us from building a relationship with God? (too much time on games consoles, social media, phones etc?)

Are you prioritising your relationship with God or are you letting life's distractions get in the way? What can you do to reduce those distractions and put God first?



WHAT YOU'LL NEED

- Football & Cones



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a photo of you playing dizzy penalties with your BB group or post on social media using #BBatHOME. An adult should initiate any contact with the BB group and/or share on social media.