



DISTRACTIONS



GETTING INTO THE ACTIVITY

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

Start by playing one of the below games.

Dizzy Penalties: Have a penalty shootout 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.

Noisy Taboo: Ideal for virtual sessions. The first round should be played as normal but for the second round other players can continuously call out random words to try and distract those playing. Compare the scores from both rounds.

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. Does anyone have any examples of times when they 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. Spend some time thinking about what could be distracting us from building a relationship with God.

- 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?

'Love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment.'
Matthew 22:37-38



WHAT YOU'LL NEED

- Football & Cones
- Taboo Game



KEEPING EVERYONE SAFE

Maintain social distancing as required. When using shared equipment, please wash hands both before and after.

