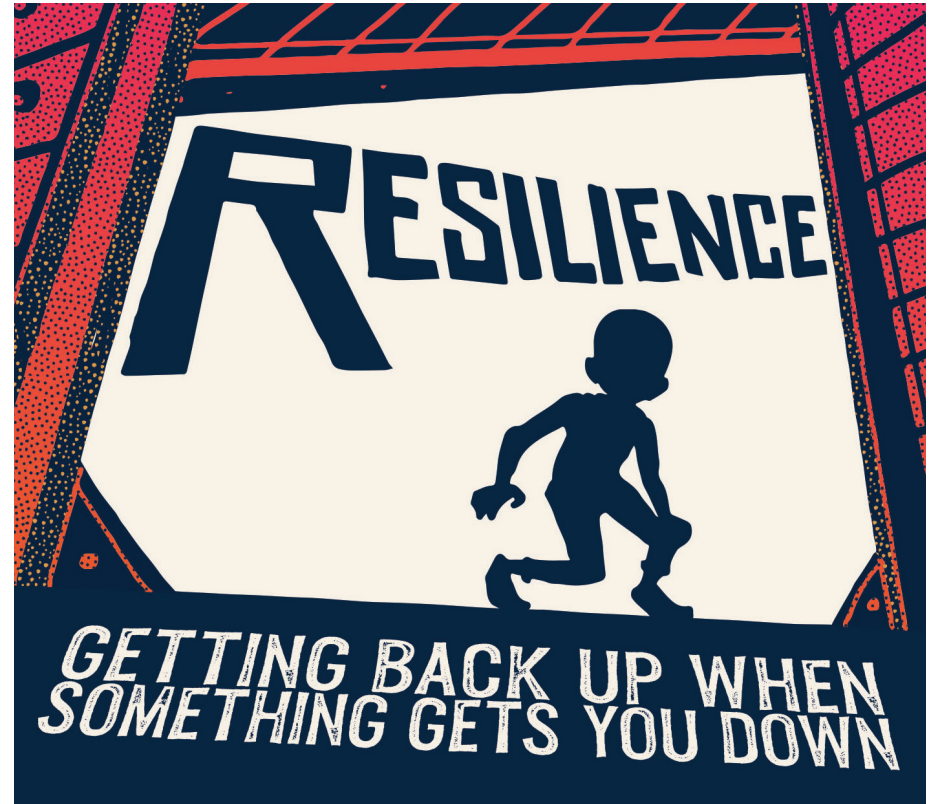


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the question: 'WHAT CAN HELP YOU FOCUS ON JESUS?'



Day 1

After watching, write one thing that:

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

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

1. You liked:

2. You learned:

3. You'd like to know:

## Day 2

### Read Hebrews 12:1-3

Clear out a space in your room or head to an empty hallway. Make sure nothing is on the floor or in your way.

Begin jogging slowly, and as you move, read Hebrews 12:1-3 out loud. When you're done, sit down and read it again.

Did you find it easier to focus on what you were reading when you were jogging, or when you were sitting still? There's no right or wrong answer—we're all wired differently. But the point is, it's important to make choices that can help you focus on Jesus and what He did for you. That will help you keep going!

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Jesus paved the way for us. Even when we're tired and mess up—we know we can get back up and keep going because we're loved and forgiven no matter what.

Following Jesus can be like running an obstacle course. The goal is to obey God, to love God and to love other people. You'll mess up along the way. You'll break the rules. You'll say and do things that aren't loving. But you can't let your mess ups stop you from trying again. Remember, Jesus has already paid the price for all of our sins, all our mess ups, when He died on the cross. He did that for you, because that's how much He loves you.

## Day 3

### Have you ever seen hurdlers?

These incredibly fast runners take it to the next level by jumping over hurdles—obstacles in their path. If they hit a hurdle, it may slow them down, but they just keep going. Even if they fall, they just get back up and keep going.

Sometimes life isn't easy. You're trying to follow Jesus by obeying God, loving God and loving other people, but you can get distracted by things that don't matter and trip over things in your path. And then there are the times you make choices that just aren't wise and you feel like you're down for the count. But you can't let your mess ups stop you from trying again.

Take a minute to ask God to help you jump over the hurdles in your life—and to help you focus on Jesus and what He did instead of the obstacles in your way.

## Day 4

### Who do you know that would be willing to go on a run with you?

It doesn't have to be a fast run—in fact, slow is better, so you can talk while you move. Make plans for a run in the next few days, and ask your friend to be thinking about their faith journey in the meantime: about the things that have challenged them, inspired them, distracted them, and helped them focus on Jesus.

As you run together, keep a slow enough pace that you can talk. Share your challenges and distractions that can make you stumble as you work to love God and others. And share the things that have kept you focused, encouraged, and energized on your journey! When you get tired from running, keep going, just for another minute or two, to remind yourself that you can **keep going because of what Jesus did for you.**

*P.S. If weather or other obstacles keep you from running, you can also try this activity while doing other types of exercise, like jumping jacks or running in place. Or you can grab a smoothie or sports drink and still have the chat!*

## Day 5

### What can help you focus on Jesus?

Think back to your conversation from yesterday. What activities really stood out to you as things that have encouraged you or your friend on your faith journey—things that help you focus on Jesus and keep going?

Maybe it's going to church, reading your Bible, praying with your family, or listening to worship music. Whichever of these things help you focus on Jesus, make a plan for including them in your life each day. Write your "training plan" below—committing to a daily practice so you're ready to run the race of following Jesus.

Each day, I will:

■ \_\_\_\_\_  
■ \_\_\_\_\_

Each week, I will:

■ \_\_\_\_\_  
■ \_\_\_\_\_

Each month, I will:

■ \_\_\_\_\_  
■ \_\_\_\_\_

And remember, this isn't a checklist to make you feel stressed or guilty, but a training plan to help you focus on Jesus. Choose to spend your time on the things that will build you up and focus on Jesus, and then you will be able to keep going because of what Jesus did for you.

