

KEEP FOCUSED

WEEK 7 | YOUTH

CHAT:

Here are some discussion questions to help you think about keeping focused on Jesus, based on our latest video.

Do you think it's easy to keep focused on Jesus? Why or why not?

What does keeping your eyes on Jesus look like for you?

Peter saw the waves, got afraid and got distracted from Jesus and sank. What 'waves' do you think people can be caught off guard by? (Fears, worries, distractions etc.)

What do you think are the 'waves' that threaten to overwhelm you right now?

Are there any situations you could do with Jesus helping you with right now? What are they?

What are some practical ways to keep your eyes on Jesus?

PRAY:

Below is an activity to help you pray about keeping focused on Jesus, including praying about the things that distract you.

Grab a piece of paper, a pencil (or coloured pencils) and a felt tip or marker pen.

On the paper, using the pencil or coloured pencils, draw some waves. They don't have to be particularly good, don't worry!

Draw a wave for each thing you can think of that pulls your focus off Jesus and distracts you. These could be things that you find overwhelming; people, school, the current Coronavirus situation, sometimes even fun stuff, worries or fears etc.

Take a moment to pray that Jesus would help you with these things and not let them distract you.

Afterwards take the marker pen and, over the top of the waves, do one of the following as a sign of Jesus being your main focus:

- Write a prayer about keeping focused on Jesus
- Write your favourite Bible verses or words you associate with Jesus
- Write Jesus' name in a really cool font

DO:

In the video, we looked at Peter walking on the water and how he had his eyes on Jesus. We also saw how when he took his eyes off Jesus, he sank. Just because he had focused on Jesus once, it didn't mean it was going to be that way forever. Similarly, resetting our focus on Jesus once doesn't set us up for life, but it's something we need to be continually doing.

Why not make an action plan of reminding yourself to keep focused on Jesus, using one or more of these ideas:

- Set a daily or weekly alarm on your phone
- If you're creative, make a poster for your bedroom door, your wardrobe, or your mirror with a Bible verse or phrase about Jesus on.
- Ask a friend to ask you regularly about your focus on Jesus