

# Alley “All Together Activities”—October 25<sup>th</sup>, 2020

**Today’s Bible Story:** Always on My Mind (Think on These Things) • Philippians 4:8

**Today’s Key Question:** What do you tend to focus on?

**Today’s Bottom Line:** Focus on what’s true.

**Monthly Memory Verse:** Whoever walks in integrity walks securely, but whoever takes crooked paths will be found out.” Proverbs 10:9 (NIV)

## 1. Just for Fun

**What You Need:** No Supplies Needed

**What You Do:**

- **Invite** kids to put their offering in the offering container as they arrive.
- **Gather** kids in a circle.
- **Tell** kids to look down at the ground.
- **Say** “1-2-3- Focus.”
  - When you say “Focus,” **instruct** kids to immediately lift their eyes and focus their gazes on someone in the circle.
  - If two kids are looking at each other, they are out.
  - Kids who didn’t make eye contact with anyone continue to “focus” on that spot until you **say** “Focus Down.”
  - **Make sure** kids understand that they have to actually look at someone else, instead of simply looking off “into space” to avoid making eye contact.
- **Continue** until two or three kids are left in the circle.
- If time allows, **play** again.

## 2. Get Your Head in the Game

**What You Need:** No supplies needed

**What You Do:**

- **Read** one of the categories below to the group.
- **Choose** a kid to go first.
- **Tell** kids they have 10 seconds to name five things related to that category.
- **Say** “GO” and **begin** counting down from 10 out loud.
- **Encourage** the group to keep track of the things on their fingers.
- **Discourage** kids from shouting out answers.
- **Play** multiple rounds, switching up the category with each round.
- Categories could include:
  - Things in the sky
  - TV shows
  - Words starting with the letter “T”
  - People in the Bible
  - People who wear masks
  - Costumes
  - Desserts
  - Things in a backpack
- *Optional:* After you have played a couple of rounds, **create** your own category or **allow** kids to come up with a category.

**What You Say:**

“It would have been a lot easier to focus on the category if you weren’t being timed wouldn’t it? **[Transition]** In our talk today we heard about what you should focus on, and that is Jesus Himself, even if it is hard.”

### 3. Which is More? Game

**What You Need:** Which is More? Game Slides on Computer

**What You Do:**

- **Lead** your group in the game using the slides on the Computer
- **Kids will decide** which they think is more (Example: Netflix or Hulu?) and stand (physically distanced) on that side of the room.

**What You Say:**

“This was a fun game determining which is more valuable/expensive based on a few options. There is nothing more valuable, or important, than being truthful and genuine. It is how we show the world around us that we are followers of Jesus!”

### 4.. Discussion Questions

- When you're daydreaming or just thinking your thoughts, what do you usually think about?
- Why we do often focus on the negative instead of the positive?
- Does choosing to be truthful in whatever you say and do, mean that it's okay to say something that could be hurtful as long as it is true? Why?
- What are some ways we can train ourselves to focus on what is true?
- What can we do when we find ourselves thinking about or worrying about something negative? Or when we start to worry? For example: You have a big test coming up and you are worried you will fail it. What can you do to focus on what is true?

### 5. Make it Personal with Prayer

**What You Need:** No supplies needed

**What You Do:**

- **Lead** kids in a prayer exercise that involves deep breathing.
- **Ask** kids to take a deep breath and let it go slowly.
- **Explain** that sometimes redirecting what we are focusing on can start with a deep breath.
- **Review** the things we should focus on from Philippians 4:8, e.g. true, noble, right, pure, excellent, worthy of praise, lovely, worthy of respect.
- **Ask** kids to silently choose a word from Philippians 4:8.
- **Encourage** kids to close their eyes.
- **Tell** them to focus on their breathing, taking a deep breath in and letting it go.
- After a couple rounds of breath, **encourage** them as they breathe in to silently say in their head, “Jesus.”
- After a couple rounds of breath, **encourage** them as they exhale to silently say in their head, “You are . . . (kids fill in the blank with their word from Philippians 4:8).”
- After a couple rounds of breath, **say**, “When you find yourself struggling with choosing to live with integrity, stop and take a few deep breaths to redirect your focus to what is true.”
- **Close** in prayer.

“God, You are worthy of our praise! You are always right and pure. Your ways are excellent and trustworthy. God, when we struggle with showing integrity, help us to remember to turn to You. We know when we focus on You, when we study Your Word, when we talk to You, we are choosing to train ourselves to be truthful in whatever we say and do. We pray this in Your name! Amen!”