

Staring Contest

WEEK 5 Colossians 3:1



Say: Because our topic this week is entitled "Staring Contest," that is what we're exactly going to do for our short game! The instructions are simple. One player will play against another. Both will look into each other's eyes and the first one to blink loses the turn. The first one to reach 3 wins is the winner!

Congratulations to the winner! Now, here are some questions about the game:

1. Was it easy to keep your eyes open for a long time?
2. How did your eyes feel throughout the time you tried to keep them open?
3. What were the challenges you faced as you tried to win a turn?
4. What strategies did you do to keep your focus and try your best to win the game?
5. What happened when you lost your focus on keeping your eyes open?



Everything that we have shared about what we did and felt when we played the staring contest relate to our Word for this week. Let us open our Bible to Colossians 3:1.

It says:

"Therefore, if you have been raised with the Messiah, keep focusing on the things that are above, where the Messiah is seated at the right hand of God."

We have started a new year and, as each day comes and goes, we face a lot of challenges along the way. Jesus himself said that our world will have troubles (John 16:33). Distractions and challenges, like those we experienced when we kept our eyes open during our game, will happen in the different areas of our lives. These things will most likely dishearten us and make us feel hopeless if we shift our attention to them. As a result, we may end up losing our determination to be productive with our lives and move on to what God has in store for us. Not to worry because there is a way for us to avoid falling into this trap of hopelessness and unproductivity. As the Bible dictates in the book of Colossians, we must *"keep focusing on the things that are above, where the Messiah is seated at the right hand of God."*

When trials and hardships stare at us straight in the eyes to intimidate and defeat us, our counter attack should be to remember to look up to God and keep our focus on Jesus Christ. One of the ways we can concentrate our thoughts on Jesus is to read God's word. The Bible contains so many valuable truths, teachings and even promises that we can hold on to whenever times are rough. They teachings will help us get through life and not succumb to our situation, no matter how difficult they may be. Afterall, Jesus has already overcome the world for us.

So, keep in mind that whenever troubles come your way, keep your eyes on Jesus and on the truths that the Bible holds for us!



2-6 years old

- Do you have a Bible verse that you hold on to whenever you have a bad day? If yes, what is this verse? If not, would you like to find and memorize one verse to help you get through a challenging situation? (One good verse to start would be our power verse for this month which is John 15:5:

"I am the vine, and you are the branches. If a person remains in me and I remain in him, then he produces much fruit. But without me he can do nothing."

7-12 years old

- Do you feel that you are ready to face any situation that you may encounter this year?
- Aside from reading the Bible and memorizing verses, how else can you keep your eyes focused on Jesus?

Kid/s to Parent

- Was there a moment in your life that you faced a problem or a challenge and you did not focus on Jesus? What happened?
- What can we start and do as a family to remind each other to focus on Jesus whenever challenges come our way?

Facing challenges on our own can be overwhelming. Let us not forget to look unto Jesus and read our Bibles whenever our situations are turning against us. At the same time, let us also remember that we can lean on our family and friends for support during periods of hardships.



Dear God,

Thank You for giving us Jesus Christ and your Word to help us through times of trouble. Help us remember the promises that You have for us in Your Word. Help us to not lose our focus on Jesus during days that try to test our faith, patience, and outlook in life. We pray for each of our family members and friends, that all of our words and actions will be guided by what the Bible teaches us. May we also remember to be there for each other in times of need. In Jesus' name.

Amen!



Did you know that in 2010 a mining accident happened in Chile and trapped 33 Chilean miners 2,300 feet underground for 69 days? Yes, this is a true story!

The group of miners were surrounded by massive rocks that could collapse and kill them at any moment. They were all in a hopeless situation and thoughts of being rescued dwindled each day. One of the miners, Jose Henriquez who is an evangelical Christian, refused to resign their fate in what they could see in that dark hole. He started a prayer group with the other miners while waiting to be rescued. Jose Henriquez mentioned in one interview that, while they were trapped deep in the ground, they all realized that they "had only one alternative and that was God himself."

On October 13, 2010, each of the miners were pulled up safely to the surface and all of them survived the seemingly hopeless and tragic situation they were in. Jose Henriquez brought 22 of the 33 miners to the saving knowledge of Christ following their ordeal. And he did not stop at that. He moved forward to share his experience in the different parts of the world, testifying "how our faith in God helped me and my friends to survive this experience."

What a great example of reminding us to keep our focus on Jesus and never on our situation!

Sources:
Chilean Miner Survivor to Speak at Saddleback Church this Easter - The Christian Post
Chile miner Jose Henriquez: 'We began by praying' - BBC News
2010 Copiapó mining accident - Wikipedia