

# ***Distraction Dash***

## **Items Needed:**

Construction paper

Marker

Index cards

Pen or pencil

Basket

Write the words: **Know Jesus** on a piece of construction paper and place it so it is visible. On index cards, write ways to know Jesus (read your Bible, pray, listen in church, participate in Sunday School, friends who encourage me to make right choices, etc. – have multiple cards with these items written on them) as well as distractions (worry, pride, choosing other things over time with God, disobedience, friends who encourage me to make wrong choices, etc.). You will need more cards with ways to know Jesus than distractions.

Place all the cards in the basket. Let family members take turns choosing a card. If it is way to know Jesus better, take a giant step toward the goal. If it is a distraction, stay where you are. Place the cards back in the basket, if needed, to reach the goal.