

ALTERNATE HALFTIME DEVOTIONS & ACTIVITIES

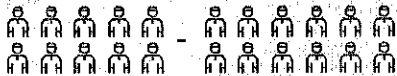
UPWARD
SPORTS

GAME: Catch Them If You Can

THEMES:

*Priorities, Busyness
& Stress*

PARTICIPANTS: 10-12



SUPPLIES: 10-12 balls (foam balls, nerf balls or plastic balls work best)



INSTRUCTIONS:

Give each player a ball and ask them to stand in a circle. Take the ball from one of the participants and ask him or her to stand in the middle of the circle. Explain that on the count of three, everyone in the circle is to gently toss (not throw) their ball at the same time to the person in the center. The person in the middle will try to catch as many balls as possible using only their hands.

Count to three and watch what happens. The player in the center will be doing good to catch one of the balls. Repeat several times, giving a few other players the chance to be in the center. If you would like, give a prize to anyone that manages to catch more than one or two balls. Then thank everyone for participating and send them back to their seats.

DEVOTION:

As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. Her sister, Mary, sat at the Lord's feet, listening to what he taught. But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me."

But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her." Luke 10:38-42

This game is called *Catch Them If You Can*, and it mimics life in many ways. There are numerous things that compete for our attention each day - work, family, school, sports, friends and social media - it seems to come at us all at once, just like

the balls in our game. It can be hard to know what to concentrate on and where to focus. At the end of the day, we can find ourselves feeling like the most important things have just slipped through our fingers.

In the Bible, in the book of Luke, Jesus visited his friend Martha at her home. As the story unfolds, we learn that Martha is worried and upset by many things that are taking her attention. She is so busy and distracted that she does not have time to spend with Jesus and to listen to what He has to say. In the end, she misses out on the most important thing. Can you relate?

Like Martha, many of us struggle to prioritize the stuff that comes at us each day. Jesus understands. At the same time, Jesus challenges us to make sure we take time to grow in our relationship with Him. Jesus knows that when we do that, everything else seems to find its proper place.

PRAYER:

- Pray that God would help us to keep focused on what's important.
- Pray that He will help us focus on Him.
- Thank Him for the blessings of a busy life and all that comes with it.
- Ask Him to help us deal with all the things that come our way.