

Put a smartie or similar in your mouth and see how long you can make it last – time yourself on a watch or a phone.

Many people don't have much food or money and have to make it last. It's hard when we don't have much. Being Jesus' follower means trusting God to look after us.

**Best time: (Minutes and Seconds)**



**SKILL**



Write one of these verses out in fancy writing on a foot shape, decorate it. Stick it up at home to remind you.

*you can be sure that I will be with you always. I will continue with you until the end of the world. Matt 28:20*

*Be strong and brave. Don't be afraid of them. Don't be frightened. The Lord your God will go with you. He will not leave you or forget you. Deut 31:6*

How many steps do you take in a day? Do you know? How can you find out? Record your steps for one day here:



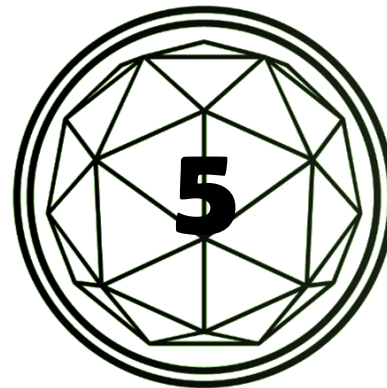
This week as you walk around, remember that Jesus is with you all the time and thank Him!

**PHYSICAL**

Spot the mistakes in this passage! Look up **Matt 6:32-34** in your Bible and mark it like a teacher would!

**MENTAL**

Don't worry just shout, 'What sweets will we eat?' or 'What game will we play?' or 'What will I get for my birthday?' All the monsters who don't have feet keep trying to get these toes. And your friend in the loo knows that you need it. The treat you should want most is Haribo and doing whatever you want. Then all these other things you don't need won't be given to you. So don't write about Tuesday. Each dentist has enough toothache of their own.



**SPIRITUAL**

Challenge sheet ©  
Deb Nurse March '21

Think of someone you know who is sad or struggling to know God close to them at the moment – write their name on a post-it note and pray for them this week.

Write a postcard to someone who needs encouraging to trust God. Remind them that He loves them and is with them.

