

Jesus sometimes asks us to give stuff up/ put stuff down but this challenge is about picking stuff up. How many clothes and shoes can you hold in your arms before you drop one

house

money

school

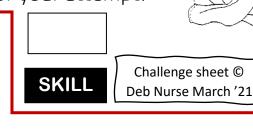
sport

time

toys

iob

item – send us a picture of your attempt!



PHYSICAL Watch one of Joe Wick's videos and follow his exercises – does it make your muscles hurt? We are called to follow Jesus (who is much more cool than Joe Wicks!) Sometimes following Jesus can be



Look up these stories of people SPIRITUAL leaving things when they start to follow Jesus. Colour the boxes for each story in a different colour. Then think up one more from the Bible or someone you know.

Lady from Samaria Fishing nets Matt 4:19-20 James and John Water jar John 4:28 Simon and Andrew job Luke 5:27-28 Levi (Matthew) **Boat and father** Matt 4:21-22

