



## Day 2

### Read Nehemiah 2:19-20, 4, 6

There were so many things that could have distracted Nehemiah and the people from rebuilding the wall. Circle the potential distractions that you find as you read Nehemiah 2:19-20, 4, 6, make a list of all of the distractions you find.

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....

Answers: Workers getting weak; others making fun, attacking them, interrupting them, making up lies, tempting them to do wrong, trying to scare them

## Day 3

**When you look back at the list of all of the distractions that Nehemiah and the workers faced, it's kind of amazing that they were able to stay focused on what needed to be done!**

You probably don't get distracted by people attacking you, but you have your own tempting distractions. Maybe video games distract you from homework, or instead of cleaning your room, you find yourself playing with your toys. Maybe it's even your thoughts that distract you from doing what you need to do. What is something that often distracts you?

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If it's a physical object that distracts you, write the word PRAY on a sticky note and place it on that object. If it's your thoughts or your friends, write the word PRAY on your hand. Every time you're tempted by the distraction, take a minute to talk to God about it. And then try to remove yourself from the thing/situation/person that is distracting you so you can stay focused on what needs to be done.

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Need help knowing what to pray? Keep it simple:

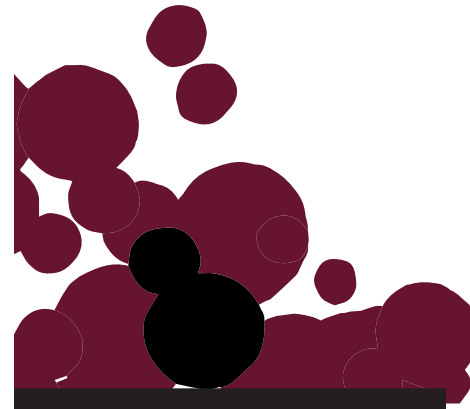
Dear God, I know I need to .....  
..... right now,  
but I keep getting distracted by ..... Please  
help me **stay focused on what needs to be done**. In Jesus' Name, I pray. Amen.

## Day 4

**Sometimes we need gentle reminders to stay focused on what needs to be done, especially if it's something we constantly find ourselves too distracted to finish.**

Invite a friend or family member to help you stay focused. You might create a code word that you can say to each other when you see each other getting distracted. Or you could simply give that person permission to call you out when they see you losing focus.

It can be challenging to finish what needs to be done with so many distractions around, but having friends who will speak truth to you can keep you focused on what needs to be done!



## Day 5

**What distracts you from doing what needs to be done?**

You've probably noticed by now that you have a couple of things that are distracting you. For many people, that is a screen, but some can even get distracted by things like cleaning instead of homework, or playing outside instead of doing their chores.

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Write down the top 2 things that you struggle completing:

.....  
.....  
Now write down the 2 things that tend to distract you:

.....  
.....  
Ask a parent if you can go outside and get some stones/small rocks. Try to get at least five. (Or just crumple up five sheets of paper as pretend rocks.) Place the rocks in a container, then find a location (a countertop, table, etc.) to build a wall.

Every time you complete one thing you wrote down on your list WITHOUT being distracted by one of the things on the second list, take a stone from the container and add it to the wall. Once all of your rocks have been added to the wall, reward yourself with one of the distractions: like 30 minutes of screen time, or an afternoon playing outside. You'll probably find you enjoy that time even more too, knowing that you stayed focused on what needed to be done!