

READY FOR ANYTHING - WEEK 3

Philippians 4:12-13 NLT



I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.

BIG QUESTION

- What makes it hard to finish what we start?

DISCUSSION QUESTIONS

1. What is the difference between being stubborn and showing grit?
2. How can you tell when something needs more work or when it's actually just not good for you to keep working on?
3. Talk about a time you finished something that took a really long time or a ton of work. Were you ever tempted to quit? How did you keep going?
4. How can you keep working toward your goals –big or small this coming week?

ENDURANCE CHALLENGES

Today we saw Ricky and Jayme show some real grit with their weight-holding challenge today. Now it's our turn to have some fun and show some grit. Check out the endurance challenges and have fun with your family.

Endurance Challenges Instruction Sheet

Today we saw Ricky and Jayme show some real grit with their weight-holding challenge today. Now it's our turn to have some fun and show some grit.

1. Anyone can participate in any challenge they want to. Let them know each challenge is different, so if they don't like one, they can wait and try another one later.
2. Choose a challenge from the Challenge Lists below that your group will enjoy and be able to participate in.
3. Family members perform the challenge.
4. Celebrate the person who wins the challenge with wild applause.
5. Continue, playing new challenges as time allows.

Challenge List (physical challenges)

- Do a plank. The last person to break form wins.
- Do a wall sit. Lean against a wall as if you're sitting in a chair. Keep your knees bent at a 90-degree angle.
- Bend your body forward, and raise one foot behind you, balancing on the other foot. If you fall or put down the foot you're holding up, you're out.
- Hold your arms straight out to your sides like a letter T. Last person to keep their arms up wins.
- Do push-ups. The person who completes the most push-ups wins.

Challenge List (not-as-physical challenges)

- Hold both eyes open without blinking (or winking!). The person who holds their eyes open the longest wins. Be honest! If you blink, you're out.
- Say the alphabet backwards—twice. Start at Z and work your way to A. This time, the first person to complete the challenge wins.
- Do not smile. Your group has to maintain eye contact with you while you repeatedly whisper, "I love The Loop Show." The last person who doesn't smile or laugh wins.
- Sing the longest note. Take a deep breath and sing any note. Whoever can sing the longest note wins.