

WE WILL OVERCOME - PART 8 - "3 KEYS TO OVERCOMING FOCUS"

*****Main Points (these points can be taught/discussed over different days.)**

We are overcoming giants of distraction. 3 Keys to overcoming our focus. Caleb had an overcoming focus, and he focused on these 3 things. His PROMISE from God, PURSUING that promise, and POSSESSING that promise.

***POINT #1 - THE PROMISES OF GOD**

*******(READ: 2 Peter 1:3-4 ERV - "Jesus has the power of God. And his power has given us everything we need to live a life devoted to God. We have these things because we know him. Jesus chose us by his glory and goodness, through which he also gave us the very great and rich gifts that he promised us. With these gifts you can share in being like God. And so you will escape the ruin that comes to people in the world because of the evil things they want.")*******

Remember, Caleb and the Israelites had a promise from God, that He was giving them the land of Canaan to possess. Just like Caleb had a promise from God, this scripture tells us that Jesus has given us GREAT PROMISES! He tells us that with these promises we can share in being like God, and that Jesus has power from God, and has given us EVERYTHING we need to live a life being loyal and faithful to God.

***Discussion Questions**

- 1) What is a promise? (allow your child to answer: when someone tells you they will or will not do something)
- 2) Has anyone ever made you a promise before? To who and what was the promise?
- 3) Have you ever made a promise to someone? To who and what did you promise?

God makes promises to us too! Can you think of a promise that God has made us? (allow your child to answer) Sometimes when people make promises, they don't always keep them. Maybe they forget, or changed their mind and did something else. Maybe we've done that with the promises we've made to others also. But God, He keeps ALL of His promises that He makes to us. Where can we find the promises of God? How do we know what He promises us? (allow your child to answer: the Bible) There are so many promises for us in the Bible, the WORD of God.

Sometimes when things get hard, or we get our feelings hurt, we sometimes focus on those things. We focus on all the things that are going wrong or make us feel bad. But, those are not the things we should focus on. We should focus on the promises of God. The promises that say we are a child of God. We are His children. He loves us so much. He will never leave us and He will ALWAYS be with us. He will heal us of our sickness. Nothing evil will harm us. That just as we forgive others for doing wrong, God will forgive us. That we can have new life and will be saved and forgiven of our sin if we believe and confess that Jesus is the son of God, that He died to save us and defeated death and rose up out of the tomb and is in heaven sitting by the Father. These are the promises of God that we want to stay focused on.

***Scripture Memory Verse:** "...Jesus chose us by his glory and goodness, through which he also gave us the very great and rich gifts that he promised us..." 2 Peter 1:3-4 NLT

***Prayer:** *Jesus, we thank you for choosing us. Thank you for your goodness. And for giving us great and rich promises. We are so thankful that you love us so much, and that you promise us great and*

wonderful things. We are so thankful that You are always faithful to keep Your promises to us. That You will never let us down. Holy Spirit, we ask you to help us to FOCUS on the PROMISES of God. Help us to desire to read and learn and discover those promises, to memorize them, remember them, and get those promises down deep in our heart. When times get hard, help us to remember to choose to not focus on the problems or the hard times, but to focus on You and Your promises, which are YES and AMEN in Jesus Christ. Jesus, it's in your name that we pray, amen.

*Application/Activity

Spend some time helping your child write down some promises of God (about their identity, salvation, healing, future, etc.) Talk through those promises. Spend time journaling, drawing, painting, memorizing, praying, and meditating on them. Below are a variety of promises. :)

- *"I say this because I know the plans that I have for you." This message is from the Lord. "I have good plans for you. I don't plan to hurt you. I plan to give you hope and a good future." - Jeremiah 29:11 ERV*
- *"Don't worry—I am with you. Don't be afraid—I am your God. I will make you strong and help you. I will support you with my right hand that brings victory." - Isaiah 41:10 ERV*
- *"The Lord will lead you. He himself is with you. He will not fail you or leave you. Don't worry. Don't be afraid!" - Deuteronomy 31:8 ERV*
- *"People will make weapons to fight against you, but their weapons will not defeat you. Some people will say things against you, but anyone who speaks against you will be proved wrong." The Lord says, "That is what my servants get! They get the good things that come from me, their Lord." - Isaiah 54:17 ERV*
- *"He forgives all our sins and heals all our sicknesses." Psalms 103:3 ERV*
- *"But if we confess our sins, God will forgive us. We can trust God to do this. He always does what is right. He will make us clean from all the wrong things we have done." - 1 John 1:9 ERV*
- *"and if my people who are called by my name become humble and pray, and look for me, and turn away from their evil ways, then I will hear them from heaven. I will forgive their sin and heal their land." - 2 Chronicles 7:14 ERV*
- *"Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him would not be lost but have eternal life." - John 3:16 ERV*
- *"So if the Son makes you free, you are really free." - John 8:36 ERV*
- *"Dear friends, now we are children of God. We have not yet been shown what we will be in the future. But we know that when Christ comes again, we will be like him. We will see him just as he is." - 1 John 3:2 ERV*
- *"The Lord All-Powerful says, "Try this test. Bring one-tenth of your things to me. Put them in the treasury. Bring food to my house. Test me! If you do these things, I will surely bless you. Good things*

will come to you like rain falling from the sky. You will have more than enough of everything.” - Malachi 3:10 ERV

- *“So I tell you to ask for what you want in prayer. And if you believe that you have received those things, then they will be yours.” - Mark 11:24 ERV*
- *“My God will use his glorious riches to give you everything you need. He will do this through Christ Jesus.” - Philippians 4:19 ERV*
- *“You will not have to do anything but stay calm. The Lord will do the fighting for you.” - Exodus 14:14 ERV*
- *“Trust the Lord completely, and don’t depend on your own knowledge. With every step you take, think about what he wants, and he will help you go the right way.” - Proverbs 3:5-6 ERV*
- *“So give yourselves to God. Stand against the devil, and he will run away from you.” - James 4:7 ERV*

*Worship Song

“Good, Good Father”

<https://youtu.be/-ak0OoFBw3c>

***POINT #2 - PURSUING THE PROMISE**

**** (READ: Joshua 14:11-12 NLT - “I am as strong now as I was when Moses sent me on that journey, and I can still travel and fight as well as I could then. So give me the hill country that the Lord promised me. You will remember that as scouts we found the descendants of Anak living there in great, walled towns. But if the Lord is with me, I will drive them out of the land, just as the Lord said.”) ****

Many years later, after God promised the Israelites the land of Canaan, Caleb is reminding Joshua that God made him a promise, and he remembers the promise, and He wants that promise to come true, to happen. He’s asking Joshua to give him the land promised to him by God. He is ready to drive out the people living there so he can possess the land. He’s ready to PURSUE the promise God made him.

*Discussion Questions

- 1) What does the word PURSUE mean? (allow your child to answer: to try to get or do over a period of time, to follow after in order to catch, to follow up or proceed with).
- 2) Have you ever had something you worked hard at for a very long time to accomplish? (allow your child to answer. Here are a few examples: maybe riding a bicycle without training wheels, learning to swim without floats, doing chores and saving money to buy something or do something, etc).
- 3) Why did you work so hard for a long time to do that thing or get that thing?

While you were working hard over a long time to get that thing or do that thing, you were PURSUING that goal. Caleb knew where he was going and what he wanted. He had DIRECTION for what he was pursuing. It is important that we have good direction and that we are PURSUING the right things in life, which are the PROMISES of God. The Bible tells us that we should RUN/FLEE from evil and worldly things and focus on GOD and His promises. His Word says that we should RUN TO the things of God, run towards who He

created us to be. We can't just run away from the bad, we also have to run TO to God. 1 Timothy 6:11 (ESV) tells us, *"But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, gentleness."*

Sometimes we see what other people are doing, maybe our friends or our siblings and we want to do what they are doing, live how they live, dress how they dress, say what they say, and act how they act. But, the Bible says we are to run our OWN race. When we run on a track, for a competition, we have to stay in our own lane. If we cross over into someone else's lane we are disqualified and out of the race. We lose our chance to win. Just like in a running race, we can't PURSUE our friends or our siblings gifts, or talents, or who God has created them to be. We have to run our OWN race. We have to PURSUE OUR gifts, OUR talents, who God says WE are. We can't wait for others to start running their race either. If we do that we lose. When we hear "GO!" we have to take off running as fast as we can and stay in our own lane to win the race! If we wait for others to start before us, we lose our chance to win. We want to be winners in OUR race for God!

*Scripture Memory Verse: *"But my life is worth nothing to me unless I use it for finishing the work assigned me by the Lord Jesus—the work of telling others the Good News about the wonderful grace of God."* - Acts of the Apostles 20:24 NLT

****Prayer: Jesus, we are so thankful for this example we see in Caleb, and how he PURSUED your promises to him. It gives us great courage to know that we can do the same. Holy Spirit, help us to see the race in our own lane. Help us to see the gifts, talents, skills, plans and purposes that are specifically just for us. Help us to see who you've created us to be. We desire to work hard to PURSUE the promises that you have for us, Jesus. Help us to not only realize that we need to run away from the enemy and evil things, but to always be running towards you and after you, Jesus. We want YOU. We want your presence, we want YOU, Holy Spirit. We want Your will, and Your Way. Help us to run our race the best we can! We pray all of this in Your name, Jesus. Amen.***

*Coloring Page

<https://i.pinimg.com/736x/bb/26/67/bb2667b485e35d17e3605b9e4991bbbe.jpg>

*Worship Song

"Fireblazin"

https://www.youtube.com/watch?v=9tlyYD_A6h

***POINT #3 - POSSESSING THE PROMISE**

******(READ: Joshua 14:13-14 NLT - "So Joshua blessed Caleb son of Jephunneh and gave Hebron to him as his portion of land. Hebron still belongs to the descendants of Caleb son of Jephunneh the Kenizzite because he wholeheartedly followed the Lord, the God of Israel.")***

After Caleb reminds Joshua of his promise from the Lord that this land would be his INHERITANCE, Joshua blessed Caleb and gave him his portion of the land to possess as his INHERITANCE. Do you remember what the word POSSESS means? (allow your child to answer: it means to have and hold as your own, to take something for yourself, to enter into and control). Joshua told Caleb the land could be his, BUT...Caleb still had to first drive out the people that were living there and then possess it.

What do you think the word INHERITANCE means? (allow your child to answer: when it is your legal right to get something from someone after they die. Usually from a family member.) Sometimes people will leave an inheritance of maybe a house, or land, or things they own to family members or other people after they die.

Just as Caleb went into the land that was given to him as his inheritance and possessed it, we must also do the same. We have to POSSESS the promises that God has made to us. We must possess our INHERITANCE that God has promised us. Jesus says that he will give us an INHERITANCE as a reward, and that we must OBTAIN it.

When we OBTAIN something we gain or get a hold of something, with effort. 1 Corinthians 9:24-27 (NLT) says, *“Don’t you realize that in a race everyone runs, but only one person gets the prize? So run to win! All who compete in the games use strict training. They do this so that they can win a prize—one that doesn’t last. But our prize is one that will last forever. So I run like someone who has a goal. I fight like a boxer who is hitting something, not just the air. It is my own body I fight to make it do what I want. I do this so that I won’t miss getting the prize myself after telling others about it.”* We must “run” or LIVE our lives so that we OBTAIN the prize! Remember when we talked about running our race to win? We don’t get a prize for starting a race, do we? When do we get a prize? (allow your child to answer: when we FINISH the race, when we WIN!) It’s just like when we complete a homework assignment or test, we receive a grade for our effort. Or, when we complete a chore or a task at home, maybe we get an allowance or a reward. We don’t get a grade before we finish our work. And, we don’t get our allowance until we finish our chores. We don’t get our reward, our INHERITANCE from Jesus, until we FINISH our race. Until we FINISH what He has planned for us to do. Until we love Him, follow Him, and carry on our relationship with Him until our last day here on earth. We have to run our hardest and with the best effort we can, to FINISH our race and win the PRIZE!

*Scripture Memory Verse: *“You know that in a race all the runners run, but only one runner gets the prize. So run like that. Run to win!”* - 1 Corinthians 9:24 ERV

****Prayer: Jesus, we want to possess the inheritance you have for us. We want to possess all the promises you have given to us. We don’t want to just know about them, we want to POSSESS them. We want to run OUR race, and run it with ALL of the strength, power and might that you give us to run with. We don’t ever want to give up or slow down. We want to be focused on You, Jesus. Holy Spirit, we ask you to help us to want to FINISH our race. To not get tired of running our race for Jesus. We want to OBTAIN our INHERITANCE. Thank you for your promises, Jesus. We love you, and we pray these things in your beautiful name, amen.***

*Application/Activity

Organize some running races outside! Maybe even an obstacle course race to demonstrate how we sometimes run into obstacles in life, but we must keep pushing through them to finish the race in order to win!

Make a crown for the winner!

<https://www.firstpalette.com/craft/paper-crown.html>

<https://whereimaginationgrows.com/easy-crown-craft-kids/>

*Worship Song

“Deep Cries Out”

<https://www.youtube.com/watch?v=CkJH3zGM-cs&feature=youtu.be>