

Fighting off Distraction and Staying Focused

Worship	Study	Pray
	Nehemiah 6	
 Who did you help this last week? Did you accept the challenge? How did it go? Share any other wins this week or answers to prayer from previous times you have prayed about. Worship Pick at least one song to worship with together. If you don't have time to find one, I recommend any from this playlist https://m.youtube.com/c/ICBS pain/playlists 	Ask "what does this text teach us about ourselves?" Ask "what does this text teach us about God?"	Pray Pray for Bel Family in Peru & Bolivia. They have a Care Ministry called Nuevos Pasos. There they serve children & families at risk through education, food programmes, children homes & abuse prevention programmes. http://www.nuevospasos.org/en/ Pray for each others' needs. Reflection/Challenge of the week What has been distracting you? Plan with your group how you can practically get rid of one distraction this week.