

# BREAKOUT 2020

Luke 2:52 tells us that “Jesus increased in wisdom and stature, and in favour with God and man.” I would like to challenge the teenagers to redeem the time that they have over the next few weeks to stretch themselves in four areas that I believe line up with that verse – mentally, physically, spiritually and socially.

***Parent, please initial on the line next to each completed task***

## **Mentally**

- \_\_\_\_\_ Read a book for 30 minutes (not fiction)
- \_\_\_\_\_ Complete 2 crossword puzzles
- \_\_\_\_\_ Read 3 missionary prayer letters
- \_\_\_\_\_ Complete 3 mathematical word problems
- \_\_\_\_\_ Play a boardgame with your family
- \_\_\_\_\_ Watch a documentary about a British royal
- \_\_\_\_\_ Color a picture
- \_\_\_\_\_ Wake up every day this week at 7:30am
- \_\_\_\_\_ Memorize the 15 positions in the President’s cabinet (Hint: There are 14 Secretaries and 1 Attorney)

## **Physically**

- \_\_\_\_\_ Do yardwork or housework for a neighbor
- \_\_\_\_\_ Unload the dishwasher 3 times this week
- \_\_\_\_\_ Do 25 push-ups at one time
- \_\_\_\_\_ Take a 30-minute walk with no technology or music
- \_\_\_\_\_ Take a 30-minute walk with one of your parents
- \_\_\_\_\_ Take a 30-minute walk with a sibling or friend
- \_\_\_\_\_ Jog in place for 5 minutes
- \_\_\_\_\_ Give up junk food for 2 days this week
- \_\_\_\_\_ Do 25 jumping jacks in a row
- \_\_\_\_\_ Clean a bathroom (tub, sink and toilet) in your home without being asked
- \_\_\_\_\_ Mop the kitchen floor without being asked
- \_\_\_\_\_ Clean the inside of your family vehicle

## **Spiritually**

- \_\_\_\_\_ Read the Proverb of the day every day this week

- \_\_\_\_\_ Pass out 10 gospel tracts
- \_\_\_\_\_ Memorize Psalm 1 to recite in class
- \_\_\_\_\_ Write out your testimony
- \_\_\_\_\_ Put together packets for the 43614 church project (see Pastor Dave for details)
- \_\_\_\_\_ Write out 1 John chapter 1
- \_\_\_\_\_ Learn to sing all the verses of "Come Thou Fount" from memory
- \_\_\_\_\_ Write out the verses of the Romans Road
- \_\_\_\_\_ Ask one of your parents to share their testimony with you
- \_\_\_\_\_ Prepare a vocal or instrumental special to perform in Sunday School

### Socially

- \_\_\_\_\_ Post a Bible verse on social media 3 times this week
- \_\_\_\_\_ Give your phone to a parent for an entire day this week
- \_\_\_\_\_ Have a 30-minute conversation with one of your grandparents
- \_\_\_\_\_ Babysit for a couple in our church free of charge
- \_\_\_\_\_ Deliver coffee to a Prime Timer this week
- \_\_\_\_\_ Spend time outside of church with another teenager from our group who doesn't attend your school
- \_\_\_\_\_ Eat a meal with your family with no cellphones
- \_\_\_\_\_ Write a letter of encouragement to one of our pastors
- \_\_\_\_\_ Give money towards the Teen Appreciation Gift for Pastor Caleb and Miss Justine (Money needs to be given to Bro. Jon or Miss Brittany by this Wednesday, 3/18/20)