**Pass the Cup**

**Topic: Distractions**

**Luke 10:38-42**

Supplies:

* 2 large 5 gallon buckets
* 2 kiddy swimming pools
* 100- 16oz or 20oz plastic cups
* Super Soakers or large water guns

Directions:

1. Fill the pools up with water, and put 50 cups into each pool.
2. Divide the students into two teams.
3. Have all but one person from each team lay down feet to head starting at their pool (like a spoke).
4. Once the line has been made, place one 5-gallon bucket at the last person’s feet.
5. On go the students will pass a cup filled with water down the line and dump it in the bucket using only their feet.
6. Teams will continue passing cups until they are either out of cups or they fill the bucket to a pre-determined line.
7. If a team reaches the line before they are out of cups, they win that round. If both teams use all their cups, the team with the most water in their bucket wins the round.
8. Each team will have one member who will stand in the pool and fill cups to give to first player. They will also have the use of a squirt gun to shoot at the other team and distract them, hopefully making them drop their cups. They can also shoot extra water into their own bucket to fill it faster.
9. Leaders will also use squirt guns to distract both teams.
10. Play the best out of three rounds or until all the water is gone from the pools.

Say: Well that was super fun and wet. Congratulations to the winning team, it took a lot of concentration to get your bucket filled. With all the distractions from the other team and leaders, squirting you and trying to get you to drop your cups, it was amazing how fast you got your bucket filled.

Let’s talk about distractions.

Ask:

* How is this game like the world we live in when it comes to distractions?
* What are we being distracted from?
* What are some distractions you students deal with as a group?
* What happens when we allow these distractions to take our time?
* What can we do to help battle these distractions?

Say: See Jesus knew that we could allow distractions to keep us from what is truly important. He actually experienced this, the Bible tells us about it, and it also tells us what we need to do.

Read: Luke 10:38-42

As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed Him into her home. Her sister, Mary, sat at the Lord’s feet, listening to what He taught. But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, “Lord, doesn’t it seem unfair to You that my sister just sits here while I do all the work? Tell her to come and help me.” But the Lord said to her, “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.”

Say: Here he tells Martha that there is only one thing she needs to be concerned with, and that is listening to Him. This doesn’t mean we just sit around and do nothing. But we need to make sure that we are always listening and looking for Jesus in our lives. There are many things in the world that will distract us, and as long as we are making sure we are putting Jesus first then all will be good.

Close: Take some time and have your students pray about the distractions they discussed earlier. Close the prayer out asking God to help them recognize when the world is creeping in and distracting them from Him. And when they do, that they would push the distractions back making them second to God.