

# Keep Looking Up!

By RLD Editorial Team

for use as  
**STEP 1**

**Lesson 12****Focus:**

God should be the focus in everything we do.

**Lesson 12****Bible Basis:**

Nehemiah 2:11-19;  
6:15-16

**Lesson 12****Memory Verse:**

Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.  
—1 Corinthians 15:58

**Your students will look at the life of Nick Vujicic as an example of what it means to remain steadfast despite opposition.**

**Materials:**

- Internet access

**In 1982, Nick Vujicic (Voy-jich) was born without any arms or legs. In spite of this condition, though, Nick believes in living life fully.**

- **How might you respond if you had a similar disability? Do you think you would live life to the fullest, or would you choose to live in anger at your condition?** (Give your students a chance to respond to this question.)
- **How do you think Nick's faith in God might shape his life and actions?** (Give your students a chance to respond to this question.)

**While it would've been easy to live in anger or apathy because of his condition, Nick battled physical limitations and feelings of isolation to live out his faith in God. In adulthood, Nick founded Life Without Limbs, a non-profit ministry that has helped over one million people decide to follow Jesus! Nick also married his wife and now has four children. As a family, they live a life of adventure and devotion to Jesus.**

Play this clip [2:29]:

Nick Vujicic 2 | if you don't get a miracle become one  
<https://www.youtube.com/watch?v=7JBGDdtm7i8>

- **Are you surprised by Nick's joy and willingness to be used by God in spite of his condition? Why or why not?** (Answers will vary.)

**Although Nick could have chosen a life of bitterness, he instead chose whole-hearted devotion to God. Over one million people's lives have been changed because of Nick's decision to let God use him!**

**Keeping our eyes up, pressing on toward the prize, giving ourselves fully to the work at hand despite obstacles—these are incredibly challenging tasks, but they are exactly what God wants for each one of His children.**

**In this week's lesson, we'll look at someone who kept his focus on God rather than the opposition at hand. Let's take a look.**

Additional Resources:

Life Without Limbs- Nick Vujicic Ministries

[https://lifewithoutlimbs.org/about/nick-biography/?gclid=CjwKCAjw-e2EBhAhEiwAJI5jg0T4dUAfaaN05xkId0wPSqYTL-jl4NZsL8aIEhymvxCQrVzbB0dZyxoCAdYQAvD\\_BwE](https://lifewithoutlimbs.org/about/nick-biography/?gclid=CjwKCAjw-e2EBhAhEiwAJI5jg0T4dUAfaaN05xkId0wPSqYTL-jl4NZsL8aIEhymvxCQrVzbB0dZyxoCAdYQAvD_BwE)

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

# Keep Looking Up!

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**STEP 4** 

**Lesson 12****Focus:**

God should be the focus in everything we do.

**Lesson 12****Bible Basis:**

Nehemiah 2:11-19;  
6:15-16

**Lesson 7****Memory Verse:**

Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.  
—1 Corinthians 15:58

**Materials:**

- Pens/pencils
- Paper
- Whiteboard and marker (or screenshared document)

So far, we've discussed the importance of remaining focused on God and the work He has set before us. A revivalist preacher from the 1800s, is quoted as saying, "The world has yet to see what God can do with a man fully consecrated to Him...." This man's desire was to be the kind of person who was totally focused on God.

As we think about fine-tuning our focus, we're going to look at some strategies we can apply to help us stay concentrated in our own lives. One industry that has put a lot of thought into this idea of 'staying focused' is the business world. Entrepreneurs, CEOs, salesmen—they're all trying to maximize their time by targeting their attention and, in turn, become more successful.

The serial entrepreneur and founder of High Performance Lifestyle, Kosio Angelov, stated the following in regard to staying focused, "Your ability to concentrate, to focus all of your attention on the task at hand, is going to determine how productive you're going to be and how fast you're going to achieve your goals."

Even though Angelov is in the business of wealth maximization, his *5 Steps to Boosting Concentration* can easily be applied to our walk with and focus on God.

Hand out the writing materials and, as you write these bullet points on the whiteboard or screenshared document, have your students copy down the following list. After writing each bulleted entry, take a few moments to dig deeper into each item with your class (helpful comments and suggestions are provided after each header in the following list).

- **Eliminate Distractions**

Spend a few moments identifying the distractions in your life that are pulling your focus away from God. Here's a question to guide your thinking: Are there any activities, relationships, or environments that are distracting you from God?

- **Train Your Focus Muscle**

Just like building muscle, training your focus requires frequent, consistent exercise in order to become stronger. Set aside a regular time each day to focus on God and listen to what He has to say.

- **Do the Hard Things First**

There may be something right now that you know God has called you to do, but you haven't done it yet out of fear or feelings of inadequacy. This could be sharing the Gospel with a friend, standing up for what you know is right in a tricky situation, or something else entirely. The point is, we shouldn't procrastinate the hard stuff; go out and finish what God has called you to.

- **Have a Plan**

Boosting your focus is greatly benefitted by having a clear plan to follow. We may not know what that plan is, but God does! Begin your morning by praying, asking God to reveal His plan in your life that day.

- **Take Regular Breaks**

Staying focused on God's goals is hard work. Replenishing your storehouses is an integral part of remaining steadfast in the face of challenge. After all, on the seventh day, God rested—who better should we follow as an example? Refresh your concentration with a nature walk or star-gazing outing, etc.

Once your teens have their lists created, challenge them to put these ideas into practice in the coming week. Encourage the class to work through their checklists each day, doing all of the actions listed and documenting any change that occurs in their faith in the process.

Close in prayer, thanking God for giving us purpose through the plans He's laid out for our lives.

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