

BREAKOUT 2020

WEEK 2

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 stretch themselves in four areas that I believe line up with that verse – mentally, physically, spiritually and socially.

NAME: _____

Parent, please initial and date on the lines next to each completed task

Mentally

- _____ Complete 2 sudokus (10 points)
- _____ Build a replica of your bedroom out of Legos or something similar (20 points)
- _____ Make a list of 30 things you are thankful for (20 points)
- _____ Complete a puzzle with 300 or more pieces (20 points)
- _____ Watch a documentary about a US President (20 points)
- _____ Draw a picture for Pastor Marshall (10 points)
- _____ Get dressed by 8:00am four days this week (20 points)
- _____ Play a boardgame with a member of your team (whether in person or over video chat) (10 points)
- _____ Memorize the names of the congressman and senators from your state (Ohio or Michigan) (50 points)

Physically

- _____ Indoor scavenger hunt – find these items: (50 points)
 - 3 pairs of matching socks
 - 4 things that are green
 - Something that has a picture of an apple on it
 - Something round and smaller than your hand
 - A rectangular-shaped object bigger than your head
 - A book with a number in the title
 - Count the number of light bulbs inside your house and write the answer here _____
 - 5 different family photos
- _____ Outdoor scavenger hunt – find these items: (50 points)
 - 5 different kinds of leaves
 - A stick longer than your arm
 - A rock with spots on it
 - 10 blades of grass
 - An item smaller than your thumb
 - Something that starts with the letter ‘M’
 - Something that smells good
 - Something brown

- _____ _____ Clean up after 3 meals this week (20 points)
- _____ _____ Create a chalk drawing on your driveway (10 points)
- _____ _____ Make breakfast for your family (20 points)
- _____ _____ Clean your room (20 points)
- _____ _____ Walk for at least 20 minutes 3 days this week (20 points)
- _____ _____ Go up and down a flight of stairs 6 times in a row (20 points)
- _____ _____ Jump rope for 3 minutes (10 points)
- _____ _____ Wash, dry and fold 2 loads of laundry (20 points)
- _____ _____ Wash the outside of your family vehicle (20 points)

Spiritually

- _____ _____ Read the Proverb of the day five days this week (20 points)
- _____ _____ Memorize the 12 disciples and recite them to a parent (20 points)
- _____ _____ Memorize the 10 plagues and recite them to a parent (20 points)
- _____ _____ Tell your testimony to a family member or friend (10 points)
- _____ _____ Sing all the verses of "Ancient Words" out loud to a family member (20 points)
- _____ _____ Memorize the verses of the Romans Road (50 points)
- _____ _____ Complete the 25 questions from the attached Bible study on Psalms - Lesson 1 (20 points)
- _____ _____ Complete the 25 questions from the attached Bible study on Ephesians - Lesson 1 (20 points)
- _____ _____ Complete the 25 questions from the attached Bible study on The Fear Of God - Lesson 1 (20 points)
- _____ _____ Pray for 10 minutes three times this week (20 points)

Socially

- _____ _____ Go through your clothes and choose 3 items to donate to someone else (20 points)
- _____ _____ Don't check your phone from the time you wake up until at least 1pm 2 days this week (20 points)
- _____ _____ Go 2 days in a row without playing a video game (20 points)
- _____ _____ Write a letter to one of your grandparents (20 points)
- _____ _____ Introduce yourself to a neighbor you don't already know (10 points)
- _____ _____ Ask your mom or dad to describe in detail what they do for a living (20 points)
- _____ _____ Eat 3 meals with your family with no cellphones (20 points)
- _____ _____ Write a letter of encouragement to one of our pastors (20 points)
- _____ _____ Ask someone 50 or older for 2 pieces of advice for a good life (20 points)