

BREAKOUT 2020

WEEK 3

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 5 word searches (10 points)
- _____ Write out roman numerals from 1 – 100 (20 points)
- _____ Make a 6-foot long paper chain (20 points)
- _____ Eat breakfast by 8:30am three days this week (20 points)
- _____ Have a staring contest with 2 different members of your family and win against each person (20 points)
- _____ Draw a picture of all 3 pastors together and email or text me a picture of it (20 points)
- _____ Watch a documentary about World War II (20 points)
- _____ Play charades with your family (20 points)
- _____ Recite all 50 states to a parent (50 points)

Physically

- _____ Make homemade pizza together as a family (20 points)
- _____ Take the trash out 3 times this week without being asked (20)
- _____ Plank for 30 seconds (10 points)
- _____ Do 10 pull ups (10 points)
- _____ Play freeze tag with your family for at least 10 minutes (20 points)
- _____ Win 5 rounds of Rock, Paper, Scissors with a member of your team, whether in person or over video chat (20 points)
- _____ Take a walk at the park (20 points)
- _____ Complete a scavenger hunt for 26 total items – 1 that begins with each letter of the alphabet (50 points)
- _____ Complete a stack of a circular food (such as cheerios or donuts) 10 high (10 points)
- _____ Make your bed 5 times this week (20 points)

Spiritually

- _____ _____ Read the Proverb of the day six days this week (20 points)
- _____ _____ Memorize the 10 commandments and recite them to a parent (20 points)
- _____ _____ Memorize the 6 days of creation and recite them to a parent (10 points)
- _____ _____ Go with your family to another church member's house and sing a hymn on their doorstep (50 points)
 - A different house for each teen in your family
- _____ _____ Contact a missionary through email or phone and ask them to give you their testimony (50 points)
- _____ _____ Complete the 25 questions from the attached Bible study on Psalms - Lesson 2 (20 points)
- _____ _____ Complete the 25 questions from the attached Bible study on Ephesians - Lesson 2 (20 points)
- _____ _____ Complete the 25 questions from the attached Bible study on The Fear Of God - Lesson 2 (20 points)
- _____ _____ Pray for at least 8 minutes four times this week (20 points)

Socially

- _____ _____ Get rid of 5 items in your room that you no longer use, want or need (20 points)
- _____ _____ Give your phone to a parent for 2 entire days this week (20 points)
- _____ _____ Teach one of your parents how to play your favorite video game (20 points)
- _____ _____ Write a note to one of your teachers thanking them for the extra work they've done for you this year (20 points)
- _____ _____ Deliver a dessert to a neighbor (can be store bought or homemade) (20 points)
- _____ _____ Ask a grandparent to describe how they met their spouse (20 points)
- _____ _____ Have a picnic meal with your family (can be inside or outside) (20 points)
- _____ _____ Go out of your way to show kindness to a sibling (10 points)
- _____ _____ Write a letter to Pastor Sowell (20 points)
 - It can be mailed or hand delivered to the church

*******You may get a surprise visit from a youth leader or worker later this week with a challenge for you to complete for extra points.*******