



WEEK 2 | OCTOBER 2025

IF YOU WANT TO BE WISE, FOCUS ON GOD

Bible Reference:

Psalm 1:1-4

Psalm 23:1-2; 8:1; 18:2

MEMORY VERSE

"It is much better to get
wisdom than gold.

It is much better to choose
understanding than silver."

Proverbs 16:16, NIV

Week 2

Prayer and Reflection

Part 1:

Write out this month's memory verse from Proverbs 16:16.
When you are done writing, memorise it!

Proverbs 16:16

Week 2

Prayer and Reflection

Part 2:

There are many things in life that can pull our attention away from God. When those moments come, we need to choose to keep our focus on God. Listed below are some distractions and some ways we can keep our focus on God. Circle the things you are distracted by, and circle the things you would like to do to focus on God.

Distractions (circle those that apply to you)

Spending too much time on video or phone games

Too many hobbies or extra-curricular activities that you have no time to rest

Spending too much time watching TV/Netflix/Disneyplus

Constantly chasing what is trendy and cool

Spending too much money on whatever you like

Feeling lazy to pray so you don't pray

Feeling too tired to go to church so you stay home on Sundays

Spending too much time scrolling social media

Frequently hanging out with friends until late at night

Don't like fasting so you don't ever try fasting

Ways to focus on God (circle what you'd like to do)

Set a fix time to read the Bible every day

Pray at least once a day

Paste Bible verses in your room

Memorise more Bible verses

Pray with your family or friends once a week

Go to church every Sunday

Listen to Christian songs instead of non-christian ones

Avoid watching shows which are violent, demonic or too mature for me

Pray and fast at least once a year

Surround myself with Christian friends



Summary

Being wise means keeping your eyes on God, even when life is full of distractions trying to pull you away. This week, commit to do the things you circled above (ways to focus on God).

Prayer



Dear God, thank You for giving us Your word, which gives us wisdom. Remind us to look to You in every situation, even when it is hard. When we focus on You, You will teach us what to do. In Jesus' name we pray, Amen.