Good morning. I am Elizabeth Duncan. I am an 8th grader at Ames Middle school.

I am newly 14, so with that comes my learner’s permit. I am finally able to legally drive. Lookout.

Right after I passed my test I went out and drove around the neighborhood with my dad, as any new driver does. Boy was that a ride. Since then I’ve gotten a bit more comfortable behind the wheel, so now every Sunday I drive to church. These past Sundays I have been helping out with the Sunday school kids and teaching an occasional lesson. One of the first lessons I taught was all about focus. I think they learned a lot from the game, and so did I. So this Sunday we are going to start off with the game focus.

These are my assistants:

Claire

Henry

Finn

Wade

Lexi

(Others)

They are going to walk around throughout the pews with a tray of items. Your job is to write down everything you can remember on a piece of paper. They will walk by slowly, but you still have limited time so use your memory and write fast. After that, my assistants will go into the next rooms with the trays and I will ask you some questions about what you saw and what you remember. Sounds good, so here we go!

Okay, thank you assistants if you’ll do me a favor a sit quietly in the next room for a little bit.

So here we go, are you guys ready?

Section number 1 here we go:

We’ll start off with an easy one - Feel free to shout out the answers.

What color was your assistant’s hair?

What color of the shirt was your assistant wearing?

Did he or she have a logo on their shirt, if so what was it?

Did your assistant have their nails painted? What color?

Was your assistant wearing a watch? Or any jewelry?

What about earrings? Did your assistant have earrings?

What color of the mask was your assistant wearing?

Where there any decals on your assistant mask?

Assistants you can come back in now! If you guys could just come and stand in the front for me.

How did you guys do? It’s hard, isn’t it? But don’t worry, you still almost did as good as Finn did. You should have seen their faces when I asked them about Lisa’s jewelry rather than the tray. But that’s life, you have 10 billion things linked in your head things you do for fun, things you have to do in life, all handed to you by the quote ‘assistant’ God. As I said before I just started driving.

And What I’ve realized when I’m driving is that there are so many other things going on. I have to signal a turn, watch my speed, check my mirrors, look for speed indicators, and not go in the ditch. It is so easy to focus on one thing and let everything else go. I’m watching my speed trying to get up to 55, when, uh oh there’s the rumble strip. The same thing happens with god. Work is our speedometer. Family is our mirror to check every couple of seconds. And every other part of our driving is every little thing we have to remember. And somehow god, and the church becomes that turn signal I always seem to remember when it’s just a little too late.

Somehow I start to focus on school, friends, pointless one-week problems that should not take up my time.

So I challenge you guys when you guys are halfway through the week, and your drowning in worry about the things on your tray, just stop. Close your eyes and take a deep breath. Turn to your assistant, turn to god. Turn to God and ask for help, take just a moment to focus on god.

Do it with me now:

Close your eyes

Take a deep breath in

Let it out

Do this at any time you need it. Just take a second for your assistant laying out the things on your tray because he knows you can handle it. Take that moment and focus on God.

Thank you for your time today, and thank you to my lovely assistants Finn, Claire, Lexi, Henry, and Wade!