

**Race a cheetah  
—and win!**

**Teach a turtle  
to tap dance.**

**Balance a spoon on  
your nose while  
hopping on one foot.**

**Touch your  
tongue to your nose.**

**Make it rain inside.**

**Pray out loud  
in front of others.**

**Set wet wood  
on fire without  
using a match.**

**Make a boy's  
lunch feed thousands.**

**Walk with a balloon  
or beach ball  
between your knees.**

**Stack seven  
blocks, only using  
your elbows!**

**Say the alphabet  
backwards while  
doing jumping jacks.**

**Jump farther than  
anyone else in your  
Small Group.**

# Trust Test Challenges

- When friends laugh at your faith.
- When you feel like you should pray out loud during Small Group.
- When you're scared to try something new.
- When you want to give up.
- When you have to wait on something.
- When your prayer isn't answered right away.
- When life feels unfair.
- When you don't feel good enough.
- When you feel lonely.
- When someone else gets what you want—before you. (i.e., a teammate scores their first goal of the season before you.)



**Those who trust**



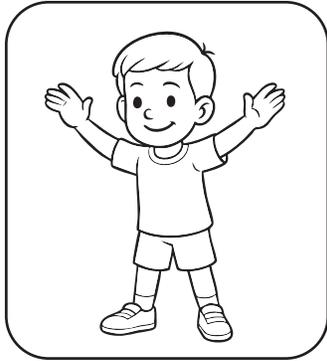
**in the LORD**



**will receive**



**new strength.**



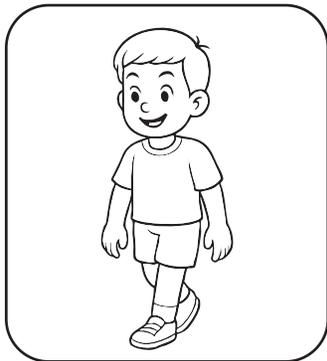
**They will fly as high as eagles.**



**They will run**



**and not get tired.**



**They will walk**



**and not grow weak.**



**Isaiah 40:31**

**What to Do:**  
Print on paper, two for each Small Group.

**"Verse Motions" Activity Page, NIV**  
November 2025, Week 1, Small Group 2-3  
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