



Climbing Shoes



Equipment

- Steps or stairs
- Pair of shoes, if the steps are outside!



Instructions

- If you want to take on the challenge of climbing a mountain, you need to wear climbing shoes.
- When we face challenges, it can feel like an uphill climb. What challenges are you facing today?
- Put on your shoes (if you are outside!) and climb the steps or stairs. As you do this, you may want to pray to ask God to help you with your challenge.