



Climbing Shoes

- **Equipment**

Pair of your shoes, steps or stairs

- **Set up**

Put your shoes on

- **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 and slowly climb the steps or stairs. As you do this, ask God to help you with your challenge.