



The Blind Spot Activity - Science Devotion - Heaven

*No eye has seen, not heart conceived all that God has planned for those that He loves" 1st Corinthians 2:9
"Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory."*
Colossians 3:1-4

Main Spiritual Point:

Look toward things above, not things of the earth.

Science Concept:

On the back of our eye is the retina. The retina is the area containing photoreceptors, which pick up and detect light. All the information the retina picks up is sent to the brain through optic nerve. The only problem is that the optic nerve needs a way to get out of the eye to get to the brain. The place where the optic nerve leaves the eye (known as the nerve head) is where we have our blind spot. A blind spot is a small portion of the visual field of each eye where there are no photoreceptors. Since there are no photoreceptors (known as rods and cones), there is no image detection in this area. However, the human body is amazing. The body automatically fills in the blind spot with what the photoreceptors are missing with data from nearby. Therefore, we do not actually notice a literal spot of nothingness as we use our eyes. Wouldn't that be annoying?! The body simply fills in that area with what is being seen right around the area of the blind spot.

Time Needed:

5 minutes for basic set up and 10 minutes to execute the devotion with kids.

Difficulty:

Simple. The actual activity is very simple, though it can be challenging for kids to finally discover their own blind spot.

You will need:

- Cards or sheets with "Heaven" and "Earthly Things" clearly written or printed.
- A ruler (optional)
- Patience! It can be challenging for kids to finally discover their own blind spot. Kids can be frustrated that "it is NOT working for me".

Tips for Success:

- Have plenty of cards created, one for each child
- Consider having cards with "Heaven" and with a blank line where kids can write a simple word like "Sin" or "TV" or "iPad" to make their own personal pitfall and distraction more real.
- Consider having printed cards with common and age appropriate pitfalls and distractions children may experience. While it may be valuable to have kids write words of their own, having pre-printed cards with a variety of words may make the activity more controlled and streamlined.
- One eye must be covered to work. The card must only be viewed through one eye, not both.
- Consider having rulers available for each group. Though there are no guarantees as to the exact distance away from their eye that holding the paper will cause their blind spot to appear, a common distance is between 12" and 18" from their face. The ruler provides a frame of reference.
- Once children start to experience finding their blind spot, they will become rather excited. This can discourage those who have not yet found their blind spot.
- Announce to all children that typically everyone can find their blind spot. It may take some time discover their blind spot.
- Make sure you as a leader have actually completed the activity yourself and have discovered your own blind spot. Having first-hand knowledge as to what the kids should experience is important.

The Blind Spot Activity - What to Say to Kids

1. Today, we have an amazing activity. I think you will be surprised and shocked at what you will discover during this activity! You actually have what is called a "Blind Spot". But we will get to that in just a moment.
2. Let's read Colossians 3:1-4
3. Our minds are connected to our eyes through a thing called the optic nerve. The optic nerve takes all the images you see with your eyes and those images travel on your optic nerve to your brain. So what you see influences what we think!
4. What we look at with our eyes matters. If we look at the wrong things, our minds will think about the wrong things. When our eyes focus on the wrong things, we will have our hearts set on the wrong things. What are some things we should not allow our eyes to see, things we should not allow minds to think about or things we should not set our hearts upon? (Inappropriate things, things that are distracting like too much technology, too much TV, bad things, scary things, things that are negative)
5. If we look at the right things, our minds will think about the right things and we will have our hearts set on the right things. What are some things we should seek to set our eyes upon, things we want our minds to think about or things we want to focus our hearts upon? (Wait for answers then read Philippians 4:8, "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.")
6. If we focus our eyes on the wrong things, the right things can just seem to fade away and disappear from our sight. In our activity we will find out that when we focus on something, whether it is good or bad, other things just seem to fade away.
7. Today we have cards with the words "Heaven" and "Earthly Things" written on them. When you think of the word "Heaven" or the phrase "things above" what do you think about? (God, Jesus, the Bible, a place with no pain, no tears, etc). When you think of the phrase "Earthly Things" what does that make you think about? (Greed, wanting more stuff here on earth, my own pain, my own wants, candy, technology)
8. Grab a card and hold it about 12 inches from your face with your left hand. Now cover your right eye with your right hand. Look at the card with your opened left eye and focus your left eye on the word "Heaven". Move the card from your eye or bring it closer to your eye until the words "Earthly Things" actually disappear.
9. Having trouble? Don't give up! You CAN find your own blind spot. Each person is different. A common distance to find your own blind spot is to place the card between 12" and 18" from your face. Typically the blind spot can be found by moving the card toward your face and then away from your face in a slow and steady motion. Keep trying! Everyone has a blind spot, trust me.
10. What happened to the words "Earthly Things" when you focused intently on the word "Heaven"? Wait...? Was the word still there? Did it vanish from the paper or was it still printed on the paper?
11. Read the Bible passage in Colossians 3:1-4 again. How does this activity help us understand these verses?
12. Now let's try this activity again. This time, however, let's set our eyes on "Earthly Things". Grab a card and hold it about 12 inches from your face with your left hand. Now cover your right eye with your right hand. Look at the card with your opened left eye and focus your left eye on the words "Earthly Things". Move the card from your eye or bring it closer to your eye until the words "Heaven" actually disappear.
13. What happened to the word "Heaven" when you focused intently on the word "Earthly Things"? The word "Heaven" was still, but it went away from our sight.
14. Read 1st Corinthians 2:9, "No eye has seen, not heart conceived all that God has planned for those that He loves." We cannot see heaven. We do not know what God has in store for those that believe in Jesus. How can I focus upon heaven and know about heavenly things if I have never seen it with my own eyes? (Read the Bible and find out as much as you can about heaven. Read Revelation 21:3-4, Isaiah 11:6-9, John 14:2-4, Luke 13:29-30, Luke 23:43, Revelation 21:21-25, 2nd Peter 3:13, 2nd Corinthians 5:1)

