"For He chose us in Him before the creation of the world to be holy and blameless in His sight." Ephesians 1:4a NIV

Cut the pieces apart, mix them up, and rearrange while saying the words aloud.

Easier:

For He chose	us in Him
before the creation	of the world
to be holy	and blameless
in His sight.	Ephesians 1:4a NIV

More challenging:

For He	chose us	in Him
before the	creation of	the world
to be	holy and	blameless in
His sight.	Ephesians 1:4a NIV	