

# 5K: Run The Race



Use this guide to help your family learn how  
God can help us live with commitment.

**First, watch  
this week's  
video!**

**Commitment:  
Making a plan  
and putting it  
into practice**

### Memory Verse

"Training the body  
has some value.  
But being godly  
has value in every  
way. It promises  
help for the life you  
are now living and  
the life to come."  
1 Timothy 4:8, NIV

### Bible Story

The Wise and  
Foolish Builders  
Matthew 7:24-29

### Bottom Line

Practice hearing  
from God.

## Activity

### Tongue Twister-Off

#### What You Need:

No supplies needed

#### What You Do:

Challenge your kid to a tongue twister contest. Without reading from the paper, see who can say each tongue twister the most times without messing up.

- Would words wound a wooly worm?
- Selfish Shelly sells shells.
- Peach speech.
- Truly Trudy tours towers.
- Six sleek swans swam swiftly southwards.
- Wayne went to Wales to watch walruses!
- Lesser leather never weathered wetter weather better.

Keep score to see who has the twistiest tongue of all!



## Talk About the Bible Story

If you kept practicing tongue twisters, do you think you would get better at them or stay the same?

In our Bible story, Jesus said, "Everyone who hears my words and puts them into practice is like a wise man. He builds his house on the rock." What did Jesus say would happen to the man who builds his house on the rock? (*It would stand firm during a storm.*)

Jesus also said, "Everyone who hears my words and does not put them into practice is like a foolish man. He builds his house on sand." What did Jesus say would happen to the man who builds his house on sand? (*During a storm, it would fall with a loud crash.*)

Why is it important for us to practice hearing from God?

What are some ways we can hear from God? (*Reading the Bible, listening during church, talking to others who know more about God than we do*)

*Parent: share about a time when you were able to stand strong because you remembered a story or verse from the Bible.*

## Prayer

**Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:**

"God, I pray that we can continue to practice hearing from You through your Word, the Bible, through other people who follow You, and even by praying to You like we are right now. Please help us stay committed to reading Your story and hearing what's most important to You. Thank You for sending us Your Son, Jesus, and loving us so much. We love You! In Jesus' name we pray, amen."

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### Key Question

How can you  
hear from God?

## Activity

### Stack 'Em Up

#### What You Need:

Two towels, lots of plastic cups,  
masking tape, a timer

#### What You Do:

Divide the cups into two stacks and  
place them on side-by-side towels.  
One towel will be yours, and one  
will be your child's. A few feet across  
from the towels, use the masking  
tape (or some other marker) to make  
a finish line.

Say, "Once I start the timer, we'll  
race to see who can build the  
tallest pyramid of cups. When the  
timer goes off, we'll both scoot our  
pyramids across the floor to the  
finish line. The person with the most  
cups standing when they cross the  
finish line wins!"

Set the timer for 30 seconds. Press  
start, and get to stacking and scooting!  
Play additional rounds if time allows.

## Talk About the Bible Story

What did our game and the Bible story have in  
common? (*They both showed that you need a strong  
foundation, or else what you build on top of it may fall  
down with a loud crash.*)

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words and puts them into practice is like a wise man.  
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builds his house on sand." What did Jesus say would  
happen to the man who builds his house on sand?  
(*During a storm, it would fall with a loud crash.*)

What are some ways you can practice hearing from to  
God? (*Reading the Bible, listening during church, talking  
to others who know more about God than we do*)

Do you think God communicates with everyone the  
same way? Why or why not?

*Parent: share about a time when you were able to stand  
strong because you remembered a story or verse from  
the Bible.*

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Bible story or sometime before bed tonight:

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