

5K: Run The Race



First, watch
this week's
video!

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

Activity

Model Practice

What You Need:

No supplies needed

What You Do:

Ask your child, "What is something you know how to do that I don't? I want you to model for me how to do that!" *(Note: If they can't think of anything, try asking them what they can do better than you.)*

Spend some time letting your child model their knowledge to you. Maybe it's riding a skateboard, kicking a soccer ball, or filming a short movie using their device. Whatever they tell you to do, follow their instructions.

Say, "You were an awesome model for me! Learning how to do new things takes practice."

If time allows, model something for them, such as fixing or replacing something in your home, doing a push-up with correct form, or calligraphy. I can be anything they can mimic based on your model.

Talk About the Bible Story

Jesus told a prayer to His disciples that we can read in Luke 11. *(Take time to read Luke 11:2-4 together.)*

How is Jesus' prayer a model for us today? *(It shows us how we can pray to God.)*

What kinds of things do we normally pray about?

Did you notice anything in Jesus' prayer that we sometimes forget to pray about?

If God knows everything already, why do we need to pray?

Is there a right or wrong way to pray?

What can you do if you don't feel like praying, or if you don't know what to say to God? *(talk to Him like you'd talk a friend; ask someone to pray with you)*



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

Model Prayer
Luke 11:1-4

Bottom Line

Practice
praying to God.

Prayer

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

"God, we are so thankful that You hear our prayers. We are thankful that we can pray to You anytime, anywhere, and about anything. Thank You for the example Jesus gave to the disciples, which we can practice today. We can praise You. We can ask for the things we need each day. We can ask You for forgiveness, and ask for Your help as we choose to forgive others. Please help us to practice talking to You every day. It's in Jesus' name we pray, amen."

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Key Question

How do you
pray to God?

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Prayer Practice

What You Need:

A sheet of paper and something to write with

What You Do:

Say, "I'm going to read you a list of words. I need
you to listen very carefully. Try to remember as
many words as you can."

Read the list of words below, at a rate of one word
every two seconds.

- father
- squirrel
- bread
- prayer
- macaroni
- forgive
- kingdom
- follow
- cupcakes
- daily
- sins
- temptation (or tempted, depending on
your Bible translation)
- pickles
- commitment

When you're finished, give your child one
minute to write down as many of the words as
they can remember. Then go back and read the
list again, letting your child add any words they
may have forgotten.

Then get out your Bible (or Bible app) and read
Luke 11:1-4. Say, "Any time I read a word that's on
your list, circle it."

Read the verse. Check your child's work by
prompting them read the Scripture passage out
loud to you.

Talk About the Bible Story

If God knows everything already, why do
we need to pray?

Which part of Jesus' prayer comes most
naturally to you? (*praising God, asking
Him for what you need, asking Him for
forgiveness*)

Which parts do you sometimes forget
to pray about? (*Reference Luke 11:2-4 if
needed.*)

Is there a right or wrong way to pray?

What can you do if you don't feel like
praying, or if you don't know what to say
to God? (*talk to Him like you'd talk a friend;
ask someone to pray with you*)

Prayer

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