

5K: Run The Race



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

Peter Says
That Jesus Is
the Messiah
Matthew 16:13–20

Bottom Line

Practice talking
about God.

Activity

Toss 'n' Talk

What You Need:

Medium-sized playground ball (or beach ball)
and permanent marker

*(Note: If you don't have a ball and marker, you
can write down two sets of the Activity Questions
on strips of paper and take turns drawing them
from a hat or cup.)*

What You Do:

Before you begin, write down the numbers one
through six on different sections of the ball.

Say, "We're going to take turns tossing this
ball back and forth. When you catch the
ball, look where your right thumb is located.
Whichever number is closest to your thumb,
I'll read the corresponding question. You
answer the question, then toss the ball
back to me, and then it's my turn to answer
a question."

If you get the same question twice, toss the ball
up in the air and catch it again. Keep tossing
the ball back and forth until both you and your
child have answered all the questions.

Activity Questions:

1. How do you know that God loves you?
2. What is one thing you think is cool
about God?
3. What is something God has given you
that you are thankful for?
4. What is something cool that God
made?
5. When can you talk to your friends
about God?
6. What is something you've learned
about God lately?

Talk About the Bible Story

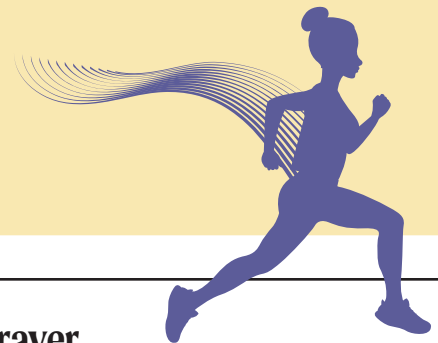
Were any of those questions tough for you to
answer? Which ones?

Why do you think Jesus wanted His friends to
know who He really is?

How did Peter answer when Jesus asked Him,
"Who do you say I am?" (Look up Matthew
16:16 to find the answer.)

Who can you talk to when you have questions
about God?

*Parent: share about a time when someone
talked about God with you.*



Prayer

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

"God, thank You for reminding us that following
You takes practice! There is always something
new to learn about You. Help us talk to the
people we trust who follow You when we have
questions. Help us have the courage to share
what we do know about You—about how much
You love us—with our friends who don't know
much about You. You are an awesome God! In
Jesus' name we pray, amen."

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

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Bible Story

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Key Question

Who can you talk
to about God?

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the corresponding question. You answer the
question, then toss the ball back to me, and then
it's my turn to answer a question."

If you get the same question twice, toss the ball
up in the air and catch it again. Keep tossing the
ball back and forth until both you and your child
have answered all the questions.

Activity Questions:

1. Have you ever experienced something that
showed you how much God loves you?
2. What is one thing you love about God?
3. What is something God has given you that
you are thankful for?
4. What is something cool that God made?
5. If Jesus asked you, "Who do you say I am?"
how would you answer?
6. What is something you've learned about
God lately?

Talk About the Bible Story

Were any of those questions tough for you
to answer? Which ones?

Why do you think Jesus wanted His friends
to know who He really is?

How did Peter answer when Jesus asked
Him, "Who do you say I am?" *(Look up
Matthew 16:16 to find the answer.)*

Who is someone you trust and can talk to
when you have questions about God?

What is something God is doing in your life
right now? Who can you share that with?

*Parent: share about a time when someone
talked about God with you.*

Prayer

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before bed tonight:

"God, thank You for reminding us that
following You takes practice! There is
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Help us talk to the people we trust who
follow You when we have questions. Help
us have the courage to share what we do
know about You—about how much You
love us—with our friends who don't know
much about You. You are an awesome
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