

# Commitment means making a plan and putting it into practice.

WEEK  
4  
1ST

Read Matthew 5:14-16

DAY

1

## I'm So Excited and I Just Can't Hide It!

Have you ever had something so exciting happen to you that you just couldn't wait to tell someone about it? That's the same feeling that God wants us to have when we talk to others about Him. The Creator of the universe loved us so much that He sent His only Son, Jesus, to die for us so that we can have a relationship with Him now and forever! That's something to talk about. Sometime today, ask an adult to share with you about Jesus. When they are done, you get a chance to share with them.

**Look for opportunities to talk about God and Jesus!**

DAY

2

## Shine Bright

Ask an adult to help you look up Matthew 5:14-16 and read it together. **Why would Jesus choose to talk about a city on a hill?** (Because when you look up to a city on a hill you can see all the lights shining.) **What is the brightest light you have ever seen?** Find the brightest light in your house. That's what Jesus is asking us to be like. Bright lights for all the world to see. That means we shine or tell others about Jesus so that they can know Him too!

**Show others Jesus by shining bright!**

DAY

3

## Speechless

Have you ever had a conversation about Jesus or God with a friend or family member? Conversations about our faith can help us learn more about God and know more about Him. Asking questions or talking about what God is doing takes practice. Surround yourself with people you trust who can help you with your questions. Flip this page over and fill in the speech bubbles with words, pictures, or emojis. Find the right person to answer your question this week.

**Ask people you trust about faith.**

DAY

4

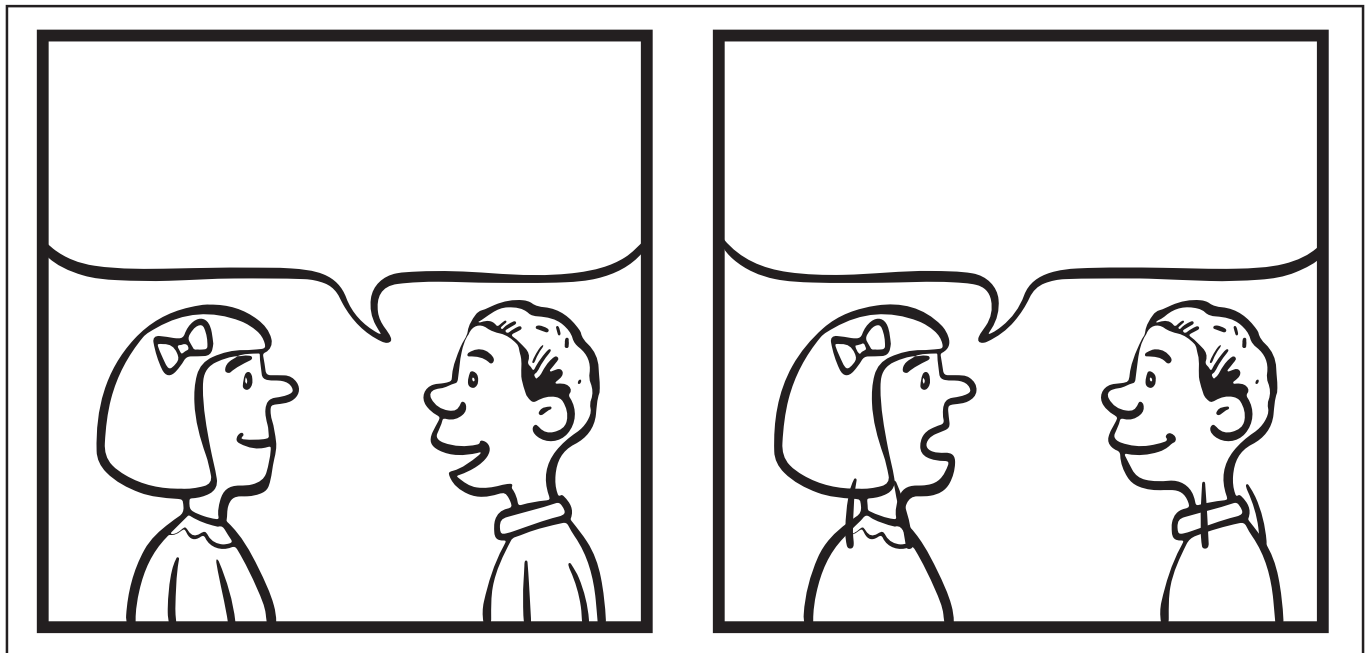
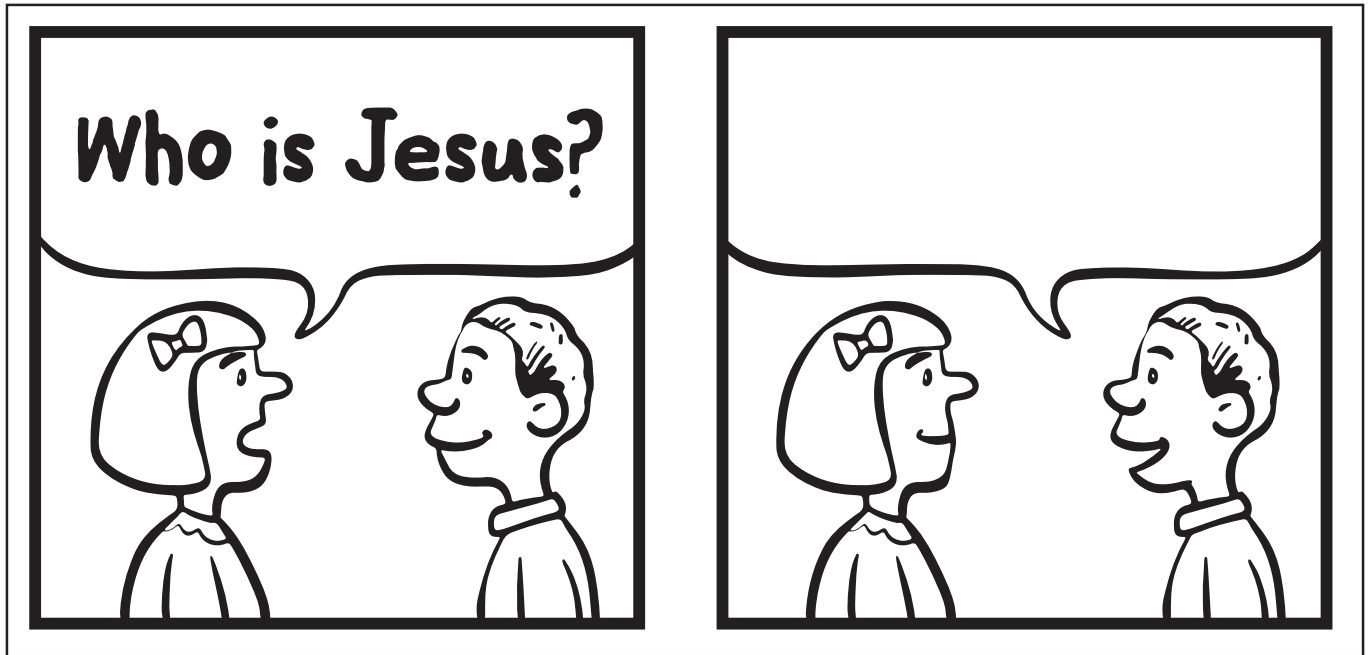
## Share Jesus

A simple way to practice talking about God is to draw a picture for someone and then talk about what you drew. Grab a piece of paper and some crayons and make a beautiful picture. Share what you drew with a trusted adult. It will be sure to brighten their day and give you practice talking about God. Before we share, hold the picture and pray that the person that receives it will feel loved and encouraged.

**Dear God, Thank You for letting me share about You with those around me. I pray for \_\_\_\_\_ that I am making this picture for. Help them to know that they are loved by You and encouraged by my picture. Amen.**

*Practice talking about God.*

PARENT CUE



**Look at Day 3 for directions  
on what to do.**

# Commitment means making a plan and putting it into practice.



DAY 1

## Read 1 Timothy 4:10-11

What was the last awesome thing that happened to you?

When something awesome happens, we want to talk about it! It's fun to share exciting news with our friends and family. Guess what? We have the greatest, most amazing, most life changing news ever! Jesus came to make a way for us to have a relationship with God, forever! When we put our trust in Him, He promises that relationship starts right now, here on earth. That's literally the best news ever. As our verse reminds us, Jesus is the Savior of all people.

Part of our job as Jesus followers is to share this good news, to talk about Jesus. Now that might seem a little awkward. I mean, it's one thing to tell your friend that there's pizza in the cafeteria. Talking about Jesus feels like a whole other thing.

**Did you know that you can ask God to help you?** It's true. As you pray today, ask God to help you see opportunities to bring Jesus into the conversation. Ask Him to show you the people He wants you to talk to about Him and the courage to speak up.

DAY 2

## Read 1 Timothy 4:13

All month long, we've been talking about commitment; making a plan and putting it into practice. When it comes to growing our faith, we've looked at some specific practices to help us along the way. This week is all about talking. We can grow in our faith when we talk about God with our friends. One big way this happens is at church within your small group!

When you look up verses, when you play fun games, when you repeat the bottom line, when you work with a friend to put the memory verse words in order, your faith is growing. You're becoming stronger as you learn to follow Jesus. That's why small groups are so important.

Can you name some of the kids in your group at church? Do you know your leader's name? If not, make a plan this week to pay attention. Try to learn one new thing about someone in your group and about your group leader. **Spend some time thanking God for your church and the friends and leaders you see each week!**



### DAY 3

## Read Matthew 16:15-16

You'll face lots of big questions as you grow up. Questions like:

- ➔ What will I be when I grow up?
- ➔ Where will I live?

But the number one most important question is this: Who do you say that Jesus is? Your answer to this question determines everything. Is Jesus just a nice guy who did some nice things and taught some nice lessons thousands of years ago? Or is Jesus who Peter recognized Him to be, the Son of the living God, the one who came to make a way for us to have a relationship with God forever?

**One of the best ways you can grow in your faith is by talking about what you believe with others.** So this week at church, tell your small group leader about this verse. Ask your leader how he or she would answer it and start a discussion in your small group. Remember, there may be kids in your group who are just beginning to learn about Jesus! This could be an awesome opportunity to share with them what you know.

### DAY 4

## Read Matthew 28:19-20

When you're with your friends, what kind of things do you talk about?

- ➔ Video games
- ➔ School or homework
- ➔ Birthdays

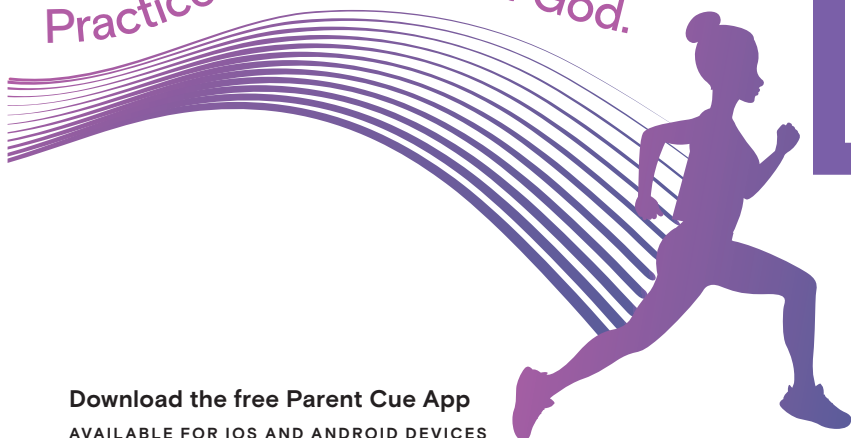
We talk about all kinds of things with our friends because the best kind of friends are the ones who we can just be ourselves with! The kind of friends that will listen when we're frustrated, celebrate when we've done a great job and encourage when we're down.

Jesus gave His followers one big important command: to tell others about Him. But that command wasn't just for those Jesus followers we read about in Matthew. We are called today in 2021 to talk to our friends about Him too.

Sharing what you believe is one big way to practice your faith. And who knows, you might be the first person to tell someone about Jesus!

Who can you tell? **Ask God to help you have the courage to begin a conversation about faith.** Talk to your parents about inviting that friend to church and then lunch afterwards so you can talk about what you learned.

Practice talking about God.



Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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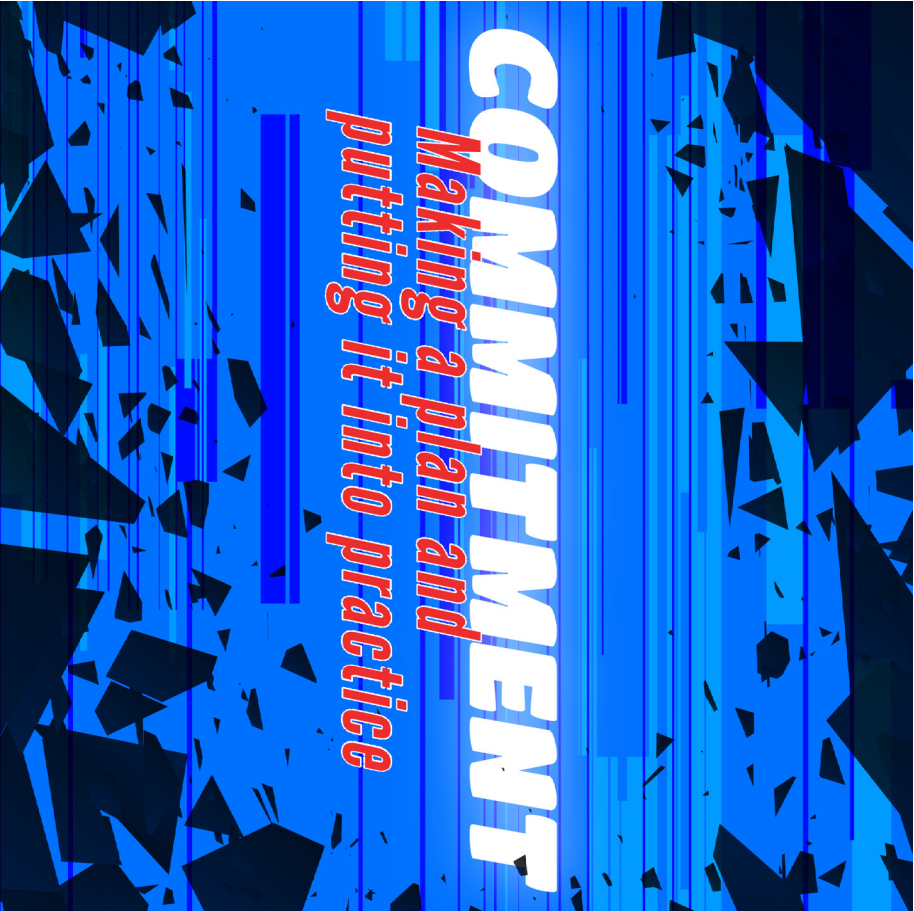
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Day 1

Go to [bit.ly/SundaysAtHomePreteen](http://bit.ly/SundaysAtHomePreteen) and watch this week's episode of The So & So Show.

➡ Click on Fun2Watch! then The So & So Show.

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

1. You liked: \_\_\_\_\_

2. You learned: \_\_\_\_\_

3. You'd like to know: \_\_\_\_\_



## Day 2

### Read Matthew 16:13-20

As you read Matthew 16:13-20, underline all of the different names mentioned.

Now go back and circle the names that are given for Jesus that are correct.

Lastly, find the word that Jesus uses to describe Simon Peter. (Hint: You find it in nature.)

There are a lot of different names and descriptions in this conversation that took place between Jesus and the disciples—it can get a little confusing! But that's one reason it's important to **practice talking about God**. We can learn a lot through our conversations with each other about God!



## Day 3

**Do you have people in your life with whom you can practice talking about God?**

It could be a friend at church, your parent or caregiver, your small group leader, or even your brother or sister. If you do, write their name here:

Do you have time set aside where you can practice talking about God? Maybe it's at bedtime, or at church? If you do, write it here:

Now, talk to God about talking to God. If you were able to write down people and places where you can practice talking about God, make your prayer a prayer of gratitude—thanking God for the people in your life that point you to Him, and for the opportunities He gives you to live out commitment to Him. Ask Him to continue to guide you as you practice talking about Him.

If you didn't have people or places you could write down, ask God for help. Ask Him to put people in your life who can help you practice talking about God. And ask Him to show you where are some natural places for you to practice talking about God. Close your prayer by asking Him for courage and wisdom as you commit to talking about Him more.

## Day 4

**Sometimes it's intimidating to talk about God with others because you think you don't know enough.**

Maybe you're worried someone will ask you questions that you don't know the answer to. The good news is no one knows everything about God. He is so powerful and wonderful that it's impossible for us as humans to understand everything about Him. In fact, a lot of the questions you have, your friends and family may have to.

So today, **practice talking about God** by finding someone else who follows Jesus and talking about one of the common questions below. As you talk, you may not discover the answer, but you will likely learn something about God and each other—and next time, maybe you will find it even easier to talk about God with others.

- What do you think God looks like?
- What is your favorite story from the Bible?
- Why do bad things happen to good people?
- Why should we go to church?
- What is your favorite Bible verse?
- Does God answer our prayers?

## Day 5

**Who can you talk to about God?**

A couple of days ago, you prayed for God to provide opportunities to practice talking about Him. Today, you get to seek out those opportunities and make the most of them.

Write out a quick schedule of your day. You don't need times, just places and people.

Next, figure out what you can talk about with those people in those places. Here are some ideas:

- Ask them how you can pray for them
- Share with them what you are learning about commitment
- Ask them if they've been learning anything about God
- Share your favorite Bible verse
- Invite them to go to church if they don't already

Next, figure out a way to remind yourself to practice talking about God according to the plan you've made. You could write the letters TALK ABT GOD on each of your fingers. You can set reminders on your phone or device.

Lastly, see it through! Live out commitment by putting your plan into action! Look for places and people where you can practice talking about God, and get to talking!

