

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

Widow's Mite
Mark 12:41-44

Bottom Line

Practice living
for God.

Activity

Banking on It

What You Need:

Bucket, bin, or empty trash can; several
coins of varying denominations;
masking tape; scratch paper and pen

What You Do:

Set the bucket in the center of the
room. Take a few steps away from
the bucket and create a line on the
floor using the masking tape. (You'll
stand behind this line when you toss
your coins into the bucket, so adjust
the spacing according to your kids'
ages/ability.)

Tell your child that you're going to
play a game. Hand them half the
coins, and you keep the other half.
(Or divide the coins evenly among
everyone, if you're playing with
more than one child.) Take turns
tossing the coins into the bucket.
Before you toss, take note of how
much each coin is worth. Using the
scratch paper, keep a tally of how
much money each of you "bank" by
landing the coins in the bucket.

While you're playing, say, "In our
story today, who also had coins? (*The
widow.*) How many did she have?
(*Two.*) How many did she give? (*Two.*)
Do you think she gave a lot?" (*She gave
all she had.*)

Talk About the Bible Story

According to Jesus, did the widow give more or less
than all the rich people? (She gave more, because
she gave all she had.)

Did the widow give her coins so that people would
see what she did, or did she do it because she was
living for God? (*because she was living for God*)

Do you think the disciples were surprised when
Jesus said that the widow gave more? Why?
(*Because she only gave two coins, but the rich
people gave so much money.*)

What did Jesus see that other people couldn't see?
(*He saw the widow's heart; He saw that she was
living for God.*)

*Parent: talk about different ways you can practice
living for God as a family.*



Prayer

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

"Dear God, we know You gave us Your Word to help us
learn how to follow You. Help us commit to practicing
what we've discovered today about how to live for You.
Remind us this week to make choices that honor You.
We need Your help to stay focused on Your way as we
run the race of life. Remind us also that we can show
Your love to the world in the way we act, talk, and trust
You. In Jesus' name, 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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Key Question

How can you
live for God?

Activity

Coin Hands

What You Need:

Masking tape, two bowls full of coins,
two empty bowls

What You Do:

Set up the bowls of coins side by side.
Then, place one empty bowl on either side
of the bowls with coins in them.

Say, "I'm going to tape your fingers
together on one hand. Then, I'm going to
tape mine. We're going to race to see who
can move the most coins into each of our
empty bowls. You can't use your other
hand or use your fingers normally. All
you can do is stick your hand in the bowl
of coins and then shake the coins off the
tape into your empty bowl. Ready?"

Tape one of your child's hands, wrapping
the tape all the way around their four
knuckles, sticky side out. (Make sure the
tape isn't too tight, but that it stays on
their hand firmly.) Then, tape your own
knuckles together.

Set a timer for one minute and play. Using
the tape, try to stick as many coins as you
can from your bowl, then move them to
the empty bowl by shaking them free. (You
can use your thumb on the taped-up hand
to knock the coins loose, but you can't use
any other fingers.)

When time is up, count to see who moved
the most money to their empty bowl and
declare a winner!

Talk About the Bible Story

In our story today, we heard about a woman who
also had some coins. How many did she have and
how many did she give? (*Two and two*)

According to Jesus, did the widow give more or less
than all the rich people? (*She gave more because
she gave all she had.*)

Did the widow give her coins so that people would
see what she did, or did she do it because she was
living for God? (*because she was living for God*)

Finish the following sentences:

Living for God is easiest when ...

Living for God is hardest when ...

Is there a difference between KNOWING God and
LIVING for God? Explain.

*Parent: talk about different ways you can practice
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