



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

Training to Win the Prize  
1 Corinthians 9: 24-25  
(supporting: Matthew 22:36-40)

#### Bottom Line

Keep practicing what matters most.

## Activity

### Practicing Puzzle

#### What You Need:

Index cards and something to write with

#### What You Do:

Before you begin, write down the following words on index cards (one card per word). Save a few blank cards.

- Whistling
- Being kind
- Flying a plane
- Braiding your hair
- Training a dog
- Brain surgery
- Learning the Bible
- Generosity
- Yodeling
- Running
- Loving God

Ask your child to think of a few things that are important to practice. Then, ask them to write down their ideas on an index card (one per card). Add those cards to the ones you've already prepared and shuffle them together.

Say, "If you want to get better at something, you have to practice. But sometimes, it's hard to know what's MOST important to practice. I want you to go through this list of things we can practice and put them in order of most to least important. There's no right or wrong answer. Ready? Go!"

When your child is finished, ask them to explain their reasoning.

## Talk About the Bible Story

What do you love/not love to practice?

What makes us feel like quitting something, even though we know it's important to keep practicing and getting better?

How does practice help you?

*Parent: share a situation where you committed to something and were glad you did.*



## Prayer

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

"God, please help us keep practicing what matters most, even when it's hard. I can't wait to see (*insert your child's name*) grow in their relationship with You as they continue to practice hearing from You, praying to You, talking about You, and living for You. Help me do all these things every day as well. Thank You for sending us Your Son, Jesus, and for loving us so much. It's in Jesus' name we pray, amen."

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**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, NlrV

### Bible Story

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1 Corinthians 9: 24-25  
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### Key Question

How does practice help you?

## Activity

### Practicing Priorities

#### What You Need:

Index cards and something to write with

#### What You Do:

Before you begin, write down the following words on index cards (one card per word). Save a few blank cards.

- ▶ Whistling
- ▶ Being kind
- ▶ Flying a plane
- ▶ Braiding your hair
- ▶ Training a dog
- ▶ Brain surgery
- ▶ Learning the Bible
- ▶ Generosity
- ▶ Yodeling
- ▶ Running
- ▶ Loving God

Ask your child to think of a few things that are important to practice. Then, ask them to write down their ideas on an index card (one per card). Add those cards to the ones you've already prepared and shuffle them together.

Say, "If you want to get better at something, you have to practice. But sometimes, it's hard to know what's MOST important to practice. I want you to go through this list of things we can practice and put them in order of most to least important. There's no right or wrong answer. Ready? Go!"

When your child is finished, ask them to explain their reasoning. Then, let them choose one of the items on the cards that they think is important to practice. Together, come up with a "practice schedule." Set reminders on your phones and devices. Make sure your child knows you're committed to helping them get better at something through practice. *(Note: If there's already something your child is working on, such as an instrument or a sport, leverage this opportunity to help them set a goal and commit to practicing in order to meet that goal.)*

## Talk About the Bible Story

What do you love/not love to practice?

How would you define COMMITMENT?

What makes us feel like quitting something, even though we know it's important to keep practicing and getting better?

What good things can happen if we stay committed to the things that are important and matter most? What are some consequences if we DON'T stick with something important?

*Parent: share a situation where you committed to something and were glad you did.*

## Prayer

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

"God, please help us keep practicing what matters most, even when it's hard. I can't wait to see *(insert your child's name)* grow in their relationship with You as they continue to practice hearing from You, praying to You, talking about You, and living for You. Help me do all these things every day as well. Thank You for sending us Your Son, Jesus, and for loving us so much. It's in Jesus' name we pray, amen."