



journey of faith



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

First, watch this week's video!

First Activity

Run For The Prize

- Paper crowns
- Markers

What you do:

- Direct the kids to lay the paper crown out flat and decorate their crowns with markers however they want.
- Then tape or staple the ends together and put it on their head.

Second Activity

Memory Verse Relay

- "Memory Verse" [activity page](#)

What you do:

Encourage your kids to open to 1 Timothy 4:8. Read the verse together several times. Talk about how following God is like training for a marathon, but it's FAR MORE important to grow in our faith, because it matters today and forever! Divide your family into two teams and line them up. Place a set of memory verse phrases for each team several feet away. Tell your family to crab walk, one at a time, to their pile, grab a memory verse phrase, and crab walk back to the next person in line. Once all phrases have been collected, instruct teams to work together to put them in order then sit down to signal they completed the task. The first team to successfully put the verse in order, wins!

Say: Great job! There are lots of ways you can 'train the body' for a race or a big game. If you've played any sports, you've probably had to run drills, relays, or maybe even crab walk! Growing in our faith is like training for a big physical challenge. But it's way more important than crossing a finish line first or winning a medal. Making a commitment to follow God doesn't just affect how you live today, but forever! That's why it's important to keep practicing what matters most."

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.

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.



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."