

LIFE APP

Commitment: Making a plan and putting it into practice.

BOTTOM LINE

Keep practicing what matters most.

KEY QUESTION

How does practice help you?

BIBLE STORY FOCUS

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

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

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 word per card). 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.

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?

Share a situation where you committed to something and were glad you did.

PRAYER

"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."