



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

First, watch
this week's
video!

sov.church/kids

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

Run for the prize

Materials provided: crown craft kits

What You Do:

Look up 1 Corinthians 9:24-25 and read the verses together. Ask: What kind of race do you think these verses are talking about?

What does Paul mean when he says a crown that will not last, and a crown that will last forever?

Direct the kids to design their crowns with the mosaic foam pieces and jewels by sticking them on their crowns.

What You Say: "Today, we talked about four ways we can grow or practice our faith. We'll talk about these things all month long! Commitment is about making a plan and putting it into practice. Even though the word 'faith' can seem like a big church word that's not-so-easy to understand, there are some simple ways we can follow Jesus each day! Paul reminded us in his letter to the Corinthians to 'run in a way that will get you the prize.' And the prize can't be taken away or lost like a trophy, medal, or crown! The prize is life forever with Jesus in a perfect place! That's why it's so important to [Bottom Line] keep practicing what matters most."

Talk About the Bible Story

What does a gold medal runner have to do to prepare for a big race?

Have you ever trained for a sport or prepared for a recital? What did you do to prepare?

When we see someone receive a prize in a big race or competition, it can be easy to forget that they trained REALLY hard to win! What are some ways we train or practice our faith? (love God, love others; hear from God; pray to God; talk about God; live for God)

Practicing these four things—Hear, Pray, Talk, Live—will help us love God and love others. That's running in a way that will earn a prize. What kind of prize do we earn according to 1 Corinthians 9:25? Is it a crown like the one you made? (No, the prize lasts forever. When we put our faith in Jesus and practice loving God and others, we will win the prize of life forever with Jesus!)



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."