



COMMITMENT | WEEK 1 | MAY 1-2, 2021

## K-1 Lesson

# Over and Over

**Life App:** Commitment—Making a plan and putting it into practice

**Bible Story:** Over and Over (Training to Win the Prize) • *1 Corinthians 9:24-25*  
(supporting: *Matthew 22:36-40*)

**Bottom Line:** Keep practicing what matters most.

**Basic Truth:** I am loved by God no matter what so I can love God, love others, and love life.

**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*

**KID CONNECT:  
10 MINUTES**

**LARGE GROUP:  
30 MINUTES**

**SMALL GROUP:  
20 MINUTES**

## LEADER BIBLE STUDY

*Growing in faith is not something that happens by merely cramming more information about the Bible into a child's brain. All of that knowledge in their head means nothing if we don't help kids experience what that knowledge can do in their hearts. To fully experience faith, we want kids to practice their faith. And that takes commitment.*

*God keeps all His promises and puts His plans into action. Because God has followed through on those plans, we get the chance to be with God forever. We reflect God's commitment to us when we can make a plan and stick to it. This month, we'll help kids discover that one of the best plans they can make is to commit to an ongoing relationship with Jesus. Commit to practicing faith by reading God's Word, praying to Him consistently, talking about Him with friends, and living out that faith every day.*

We kick off the month with something Paul wrote in **1 Corinthians 9:24-25**. *So run in a way that will get you the prize. All who take part in the games train hard,* (NIV). Paul used running in a race as a way to talk about our relationship with God. A growing relationship with God isn't something that happens overnight; we need to practice it. The verse sets up the rest of the month for how we can practice our faith.

Bottom Line: **Keep practicing what matters most.** What matters most? We think it's a growing relationship with Jesus. When it comes to getting things done, more often than not, you need a plan. The same is true in your relationship with Jesus. We hope kids learn some practical steps to make a plan to prioritize growing an everyday faith in Jesus and living out that faith every day.

## KID CONNECT

### WELCOME TIME

#### (VIDEO: INTRO MUSIC)

*Play* intro music and greet each kid as he or she arrives. Use this time to fill out attendance sheets, and help new kids connect to your group.

### OPENING ACTIVITY:

#### (Paper, Marker)

#### What You Do:

- Ask the kids to think of something that they have to practice in order to do it well.
  - If they get stuck thinking of something, you can give them ideas like these:
    - Tying your shoes
    - Reading
    - Writing
    - Baseball
    - Singing
    - Dancing
    - Cheerleading
    - Making your bed
- As the kids share ideas, write each one on the paper.
- Once you have eight to ten ideas on the list, play charades with the kids' ideas.
- Ask for a volunteer to go first.
- Let the volunteer choose something from the list and act it out without speaking, while the rest of the group tries to guess the action.
- Whoever guesses correctly gets to be the new actor.
- Cross each action off the list after it is acted out.

## LARGE GROUP

### COUNTDOWN AND WELCOME

(VIDEO: COUNTDOWN, KIDCITY EXPECTATIONS)

*Show* the countdown video as you transition to Large Group. Set it to end as the session begins. The Large Group Leader has lots of energy as he or she welcomes everyone to KidCity. The LGL is relatable and inviting. LGLs can talk about something that happened culturally throughout the week like a big sports game, movie opening, a viral video on YouTube, holiday, etc. The LGL tells them how excited he or she is that they're there and briefly runs through what they can expect. This is especially helpful for first-time guests to make them feel like they know what's happening.

**LGL:** Welcome everyone! I'm so glad you are able to come hang out with us in KidCity today. My name is [INSERT NAME]. We are going to have a lot of fun today by playing a game, singing some incredible songs that worship God, and then we are going to hear an amazing true story from God's Word, the Bible.

But first, let's quickly go over our KidCity Expectations (rules) so we can make sure that we make the most of our time today: *(Don't dwell on these too long, but make sure you review them briefly so we can set everyone up for success.)*

1. Be Kind – We need to be kind with our words and actions to our friends, leaders, and the space that we are using.
2. Be Safe – Make wise choices with your actions and words.
3. Have Fun – Participate in what we are doing! It's no fun just sitting there...

Let's kick off today by playing a game!

### LARGE GROUP GAME

#### TOUCHDOWN

(Tape, 2 Bins of Bandanas)

**LGL:** “Hey, everyone! I'm SO glad you're here! I'm [your name], and I'm getting ready for my first 5K race at the end of the month. I'm super-excited, but also kind of nervous. You see, '5K' means five kilometers . . . which is a little over three miles. That's a long way to run!

“I know that if I want to be successful in this race, I need a training plan. I need to show some commitment!

(SLIDE: LIFE APP)

“Commitment is making a plan and putting it into practice.”

(SLIDE: THEME)

“First, I've got to stretch out my muscles. *(Do a runner's stretch.)* I'll start by running to the end of the block . . . then to the end of the street. I'll run a little more each day. *(Run in place.)* I'll eat right and go to bed on time. That way I can be rested and ready. All of these things are part of my training plan.

“You know what? I’ve got an idea. What if all of YOU helped me train for my 5K? Do you think you can train along with me? *(Pause for response.)* Great! First off, we need to see how well we all work together, with these fun flags!

*Hold up a bandana from one of the bins.*

“First, let’s divide into two teams.

*Indicate the two sides of the room on either side of the middle tape line.*

“THIS half of the room is one team, and THIS half is the other team.

“As you can see, each team has an ‘end zone’ on your side of the field.

*Indicate the taped area at the back of each team’s section.*

“That’s where these flags will be.

*Dump one bin of bandanas in one team’s end zone, then dump the other bin of bandanas in the other team’s end zone.*

“When I say, ‘Go,’ you’ll have one minute to try to move the flags from YOUR end zone into the OTHER team’s end zone on their side.

*Demonstrate by picking up a bandana from one end zone and carrying it to the other team’s end zone.*

“You can only carry one flag at a time. After you drop it on the other team’s side, you go back and grab another one.

“But remember, EVERYONE will be moving the flags at the same time! So that means you need to WALK, not run. And keep a lookout so you don’t run into anyone. Try to work together as a team to take the flags to the other side. At the end of one minute, the team with the LEAST number of flags in their end zone, wins!

“Are you ready to play? Okay! On your mark, get set, go!

### **(AUDIO: GAME MUSIC)**

*Set a timer on your phone for 60 seconds.*

*Encourage the teams to do their best without getting too crazy. Remind them of the rules if needed (only walk, only one flag at time). If kids have trouble following the rules, or if they bump into each other, have them move to the sidelines and count to ten so they can calm down a little.*

*If there’s an obvious winning team at the end, you can point it out. But if the teams were close, focus more on the teamwork of both teams.*



“That might have been the most amazing display of teamwork I have ever seen! Both teams did a fantastic job of working hard to take those flags to the other side. Still, I hope you saved some energy to sing and dance . . . because it’s time for us to worship God!”

## WORSHIP

**(VIDEO: WAVEWALKER, GOD IS ON THE MOVE)**

## BIBLE STORY

**(SLIDES: LIFE APP, BOTTOM LINE, MEMORY VERSE, BASIC TRUTH, FAITH SKILLS; VIDEO: BIBLE STORY)**

**(Bible)**

**LGL:** Like I mentioned earlier, all this month we are talking about Commitment.

**(SLIDE: LIFE APP)** “Commitment is making a plan and putting it into practice.”

“If you want to do ANYTHING important, you need commitment! You need a plan.

*(Hold up Bible.)* “The apostle Paul actually talked about running a race in a letter that he wrote to the church in Corinth. He wanted to help the Corinthians understand what commitment is all about.

“Listen to what Paul wrote.

*Open the Bible to 1 Corinthians 9:24-25 (NirV) and read.*

*“In a race all the runners run. But only one gets the prize. You know that, don’t you? So run in a way that will get you the prize. All who take part in the games train hard. They do it to get a crown that will not last. But we do it to get a crown that will last forever.*

“Paul used the example of running a race to talk about something even MORE important. Why don’t we take a minute to think about what it takes to run a race. Maybe that will help us understand a little bit better what Paul was getting at. You know what, let’s watch our story today. Maybe that will help us picture it better.”

**(VIDEO: BIBLE STORY)**

“Looks like we have a lot to learn about how to run a good race, and how to follow Jesus! Paul said, ‘We do it to get a crown that will last forever.’ *(1 Corinthians 9:25, NirV)* We can continue to grow stronger in our relationship with God, because our relationship with Him will last forever! We can keep training and practicing what matters most, as we learn to follow Him throughout our whole lives.

“And remember—God will be with us, each step of the way! He is ALWAYS there to help us as we practice loving Him and loving others.

**(SLIDE: BOTTOM LINE)** “Keep practicing what matters most.”

“We have a great training plan that will help us grow stronger in our relationship with God.

### **(SLIDE: FAITH SKILLS)**

“We can HEAR God’s words through the Bible. We can PRAY and talk to God. We can TALK to our friends and others about Jesus. Each day, we can LIVE out what we believe—by loving God and loving others. When Jesus was on earth, He actually committed to all of these skills. He knew the Bible and how to apply it to His life, He prayed to God all of the time, and He DEFINITELY lived out His life in a way that showed love to God and to others.

“Maybe you’re already doing some of these things. Maybe some of them are new for you. Just remember, we’re all practicing our training plan together, as we learn to live God’s way every day. When we do these things, we really live out our Basic Truth.

**(SLIDE: BASIC TRUTH)** “I am loved by God no matter what so I can love God, love others, and love life.”

“Take a look at our memory verse for this month—1 Timothy 4:8.”

## **MEMORY VERSE**

### **(SLIDE: 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. (NIRV)*

Choose daily to keep practicing what matters most.

## **PRAYER**

“Friends, let’s pray together.

‘Dear God, we want to thank You for the words Paul wrote in his letter. We are still learning from them, thousands of years later! God, please help us run the race well and practice what matters most. Help us grow stronger in our relationship with You, so we can love You and love other people every day. We know we can only do that with Your help. We love You, and we pray all these things in Jesus’ name. Amen.’”

## **DISMISS TO SMALL GROUPS**

## SMALL GROUP

**Life App: Commitment—Making a plan and putting it into practice**

**Bible Story: Over and Over (Training to Win the Prize) • 1 Corinthians 9:24-25**

*(Supporting: Matthew 22:36-40)*

**Bottom Line: Keep practicing what matters most.**

**Basic Truth: I am loved by God no matter what so I can love God, love others, and love life.**

**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**

## MAY I RUN THE RACE?

**(Floor Tape, Bible)**

**What You Do:**

- Tape a start line and a finish line on the floor. Place the lines as far apart as possible.
- Instruct kids to line up on the start line.
- Tell the kids you’ll read the verses from Large Group today and when they hear the key words, they can take a hop forward.
  - When you read 1 Corinthians 9:24-25, kids can take ONE jump forward when they hear the key words “race, run, runner, or prize.”
  - When you read Matthew 22:36-40, they take TWO jumps forward when they hear the key word “love.”
- Repeat at least three times.
  - During the first round, shout the key words to help them remember what they are.
  - During the second and third round, read the verses like normal and see who remembers the key words.
- If a kid jumps on a word that isn’t a key word, they go back to the start line.
- *Smaller space option: Instead of hopping, kids can take a baby step forward.*

**What You Say:**

“Sometimes it was really hard to remember our key words to jump on. You really had to LISTEN and HEAR what I said. I also had to TALK in order for you to move. That reminds me of what we will learn about and practice all month long: Hear, Pray, Talk, and Live. That’s our plan to help us practice our faith in Jesus. I can’t wait to continue to learn alongside each of you as we **[Bottom Line]** keep practicing what matters most.”

## SWAT THE ANSWERS

**(“Swat These” Activity Page- 1 per kid, Flyswatters or Sticky Hands)**

**What You Do:**

- Guide kids to spread out around your small group space.
- Give each kid a “Swat These” page and a flyswatter (or sticky hands).

- Review the four steps to our PLAN from Large Group: Hear, Pray, Talk, Live. Prompt the kids to point to each one on their page.
- Explain that you will read a sentence, and they will use their flyswatter to hit the word or image that correctly fills in the blank of the sentence.
- Before reading the sentences below, do a fun round of calling out the words “Hear, Pray, Talk, and Live” in a quick and random order.
- Let kids swat their page as fast as they can, trying to keep up with you.
- Sentences:
  - o “When my Small Group Leader reads the Bible out loud, I am practicing \_\_\_\_\_ing from God.” (*Hear*)
  - o “When I am scared at night in my bedroom, I \_\_\_\_\_ to God to protect me and help me be brave.” (*Pray*)
  - o “When I have a question about God, I can \_\_\_\_\_ to my Small Group leader about it.” (*Talk*)
  - o “When I practice Hearing from God, Praying to God, and Talking about God, it helps me \_\_\_\_\_ for God.” (*Live*)
  - o “Reading a devotional helps me \_\_\_\_\_ from God.” (*Hear*)
  - o “I can \_\_\_\_\_ to God anytime, anywhere, and about anything.” (*Pray*)
  - o “I can \_\_\_\_\_ to my friends and family about God.” (*Talk*)
  - o “The way we \_\_\_\_\_ our lives can point others to Jesus.” (*Live*)
- After giving kids a chance to swat the word or image on their page, announce the correct answer.
- If a kid swats the wrong word, only they will know, but if they get upset about being wrong, encourage them to try again and do their best on the next one.

### What You Say:

“Swatting our answers sure was fun. To Hear from God, Pray to God, Talk about God, and Live for God are all ways we can grow our faith. Just like a runner has a plan and train to get better at running, we have this plan to train and grow in our faith. The cool thing is that you’ll ALWAYS be practicing your faith! I’m still practicing my faith right now!

*[Make it Personal] (Share a story about when you lived out part of this plan., i.e. you kept a prayer journal, someone ahead of you in faith talked to you about God, someone showed you what it means to hear from God, or you lived out your faith and showed someone else who God is. Let this be a moment for you to show kids that you’re still growing in your faith, too!)*

*[Bottom Line] “Keep practicing what matters most.”*

## DISCUSSION

Ask the following questions and lead the group to discuss:

- What makes us feel like quitting something even though we know it’s important to keep practicing and get better at it?
- What can you do or remember when you want to quit practicing something important?
- How does practice help you?
- What are the benefits of staying committed to the things that are important and matter most? What are some consequences of not sticking with something important?
- How would you define COMMITMENT?



# PRAY AND DISMISS

(K/1<sup>st</sup> GodTime Card, Crayons or Markers)

## What You Say:

“God, we ask that You help us [*Bottom Line*] **keep practicing what matters most**, even when it’s hard. I can’t wait to see each of these kids 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.”

Pass out the GodTime card to each kid. If there’s spare time, the kids can start coloring their GodTime Card.