



COMMITMENT | WEEK 1 | MAY 1-2, 2021

## Virtual 4<sup>th</sup>-5<sup>th</sup> 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*)

**Key Question:** How does practice help?

**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*

## 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.*

**Key Question: How does practice help you?** Preteens are starting to understand that faith is more than what happens at church. Our relationship with Jesus should be part of our everyday world. Like anything, if we want to get better at it, we need to practice. Through this question, we help lead preteens discover the value of practicing and how that relates to growing in their faith.

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.



# SMALL GROUP

## SMALL GROUP ACTIVITY AND DISCUSSION

(Paper, Markers)

### What You Do:

- As kids join the meeting and get settled, engage them in conversation about the past week.
- If you choose, consider using an icebreaker question to get kids talking.
- Practice saying the memory verse together.
- If you've chosen to watch the Bible story video presentation as a group, get that started once you've given latecomers a chance to join the meeting, and once the group feels settled (Video found at [theparenthub.net](http://theparenthub.net)).

### Activity:

#### What You Do:

- Ask kids to think of something they feel is really important to practice.
- Then ask them to think of something they feel is less important to practice.
- Write each of their ideas down as they share.
- Include silly, as well as, serious ideas, such as the following:
  - o Whistling
  - o Being kind
  - o Flying a plane
  - o Braiding your hair
  - o Training a dog
  - o Brain surgery
  - o Learning the Bible
  - o Generosity
  - o Yodeling
  - o Running
  - o Loving God
- When you have a pretty decent list (8-12 ideas), read an item from the list and ask kids to respond by either standing still, running slowly in place, or running in place quickly, depending on how important they feel the activity is.
  - o The faster they run, the more important it is to them.

*Note: Let kids know that there are no right or wrong answers. Encourage them to "run freely" based on their preferences and choices.*

#### What You Say:

- After you've read each item on the list and given kids a chance to respond, ask:
  - o What determines whether something is important enough for you to keep practicing it?
  - o What do you love/not love to practice?
  - o Would you say there are some things that are important for EVERYONE to practice? What are they?
- Refer back to the Bible story video, asking kids if they remember the four important ways we can get in shape for the Love-God-Love-Others Marathon known as LIFE!
- Let kids share what they remember about the following areas of importance:
  - o Hear from God.

- o Pray to God.
- o Talk about God.
- o Live for God.
- Ask: How can we go about practicing these important areas today and, in the week, ahead?

Close your group in prayer:

“Dear God, thank You for giving us so many ways to connect with You. Please help us keep practicing so we can grow a stronger friendship with You. We ask these things in Jesus’ name. Amen.”

