

# Commitment means making a plan and putting it into practice.



Read 1 Corinthians 9:24-25

DAY  
1

## I'm Committed

All this month we are talking about commitment. Commitment means that you are making a plan and putting it into practice. You can be committed to making good grades at school or being a helpful brother or sister. A great example of commitment is someone that decides to run a race. You can't just show up on the day of the race without training for it. You have to train or practice for the race, you have to run the race and you have to finish the race! Now that's commitment! Think of something that you want to commit to this week and do it.

**Look for ways to show that you are committed!**

DAY  
2

## Practice Makes Perfect

Grab a piece of paper and draw a picture of something that you have to take time to practice. Maybe you practice piano, baseball, math skills, or dance. If you don't practice, it will be hard to get better. You can also practice big things that matter to God—loving God and loving others. Those are important to Him and should also be important to us. Hang your picture on the wall or your mirror as a reminder to stay committed.

**Ask God to help you practice what matters most.**

DAY  
3

## What a Good Feeling!

Think back to when you stayed committed and finished a really big project or task. What did it feel like? Maybe it was the huge task of cleaning your entire room all by yourself. Or maybe it was learning to play a new game or a new song on the piano. Whatever it was, remember that feeling of joy when you were done, because you did it! You reached your goal! That's such a good feeling, isn't it?

**Show others your commitment.**

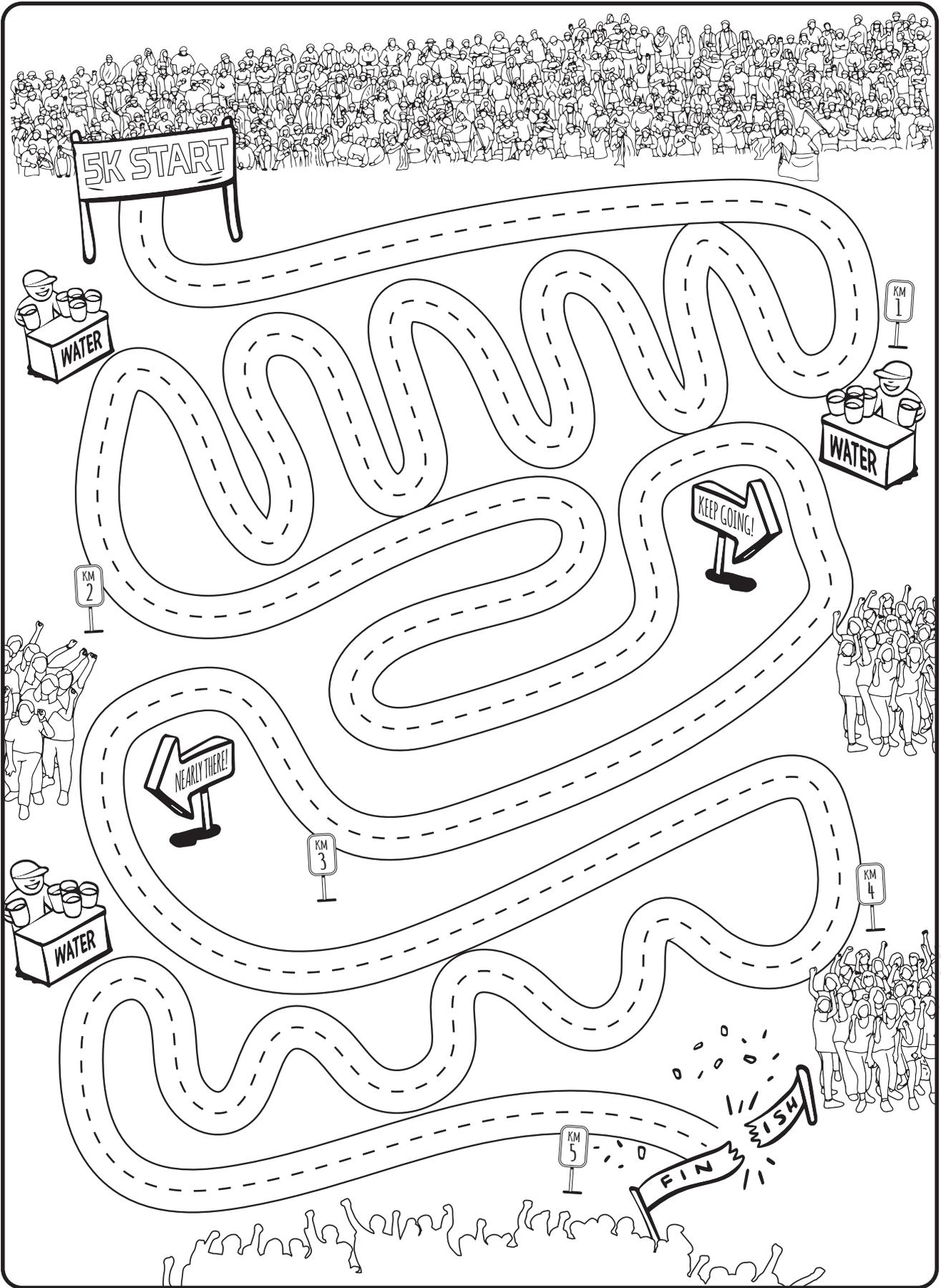
DAY  
4

## Hear, Pray, Talk, Live

All this week we have been learning that we need to make a commitment to practice what matters most: loving God and loving others. Ask an adult to help you look up 1 Corinthians 9:24-25. Read it out loud and highlight it. This verse tells us that in a race, all runners run. But only one person wins! So, run in a way that you will win the prize. Over the next few weeks, you'll discover ways you can train for our race of loving God and loving others by taking these steps and exercising your faith muscles: Hear, Pray, Talk, and Live.

**Remember to practice what matters most.**

*Keep practicing what matters most.*



# Commitment means making a plan and putting it into practice.



DAY 1

## Read 1 Corinthians 9:24-25

This month is all about commitment which is making a plan and putting it into practice. Long distance runners know this. They understand you can't run a marathon without training. You can't go from sitting on the couch one minute to running 26.2 miles without any preparation. It takes practice.

Faith, following Jesus every day, kind of works the same way. If we want to grow a stronger faith, a faith that actually makes a difference, we need a plan. And once we have a plan, we need to actually execute or practice that plan.

Today's verse reminds us to run, or to keep practicing our faith, with the end in mind. Just like runners keep going toward the finish line, we need to keep going, to keep practicing what matters most.

DAY 2

## Read Proverbs 16:3

To practice something means to perform an activity or exercise a skill repeatedly in order to improve. In the space below, write down a few things you practice in order to get better:

Circle one of your examples from above. When do you practice what you've circled? How often? Have you ever thought about making a practice plan?

We practice to get better at all kinds of things. The same is true of our faith! We can grow closer to God with practice. But it starts with a plan. It starts with a commitment. **This month, we'll take a look at four practical ways we can grow in our faith as we HEAR from God, PRAY to God, TALK about God, and LIVE for God.**

Write the words of today's verse on separate cards. If you have a set of stairs in your home or apartment complex, place a card on each step in order of the verse. Then practice repeating the verse as you hop from step to step. If you don't have access to stairs, spread the cards out on the floor and repeat the verse as you hop.





DAY 3

### Read Matthew 22:37-38

Jesus said that loving God is the first and most important commandment. It's the number one thing you can do. In fact, you could say that loving God is the greatest thing you can do. How do you show God you love Him? By obeying Him. When we obey God, it's like saying, "God, I trust that your way is best."

What is one thing you know God wants you to do that's hard? Maybe it's telling the truth. Maybe it's being kind to your sister. Maybe it's listening instead of interrupting. Write your answer on a piece of paper, fold it in half and write today's date on the outside. Hold it in your hand as you pray and ask God to help you show Him how much you love Him by doing what He's asked.

Place this folded piece of paper in a balled-up pair of socks. The next time you open that pair of socks and read your note, ask yourself, **"How am I doing with this? Am I obeying God and showing Him that I love and trust Him?"**

*Keep practicing what matters most.*

DAY 4

### Read Matthew 22:39-40

Jesus followed up on the first and greatest command with a second that is just as important. Love others. How? As you would love yourself. We show God we love Him by loving others. But that takes a lot of practice. And truthfully, we won't always get it right.

It is easier to love others, though, when we remember just how much we are loved. God loves you, always, even when you mess up. He always forgives, He's always patient and kind. He is always there to listen when we need help.

Fill in the answers below. Then copy each letter to the same numbered square to complete the phrase at the bottom.

Short for Abraham (also our 16th President)      to make musical sound with your voice

\_\_\_\_ \_      \_\_\_\_ \_  
1    2    3      12    7    9    5  
2 + 2 =      the back part of your foot

\_\_\_\_ \_      \_\_\_\_ \_  
4    10    13    11      6    3    3    8

Of great weight; difficult  
To move

\_\_\_\_ \_      \_\_\_\_ \_  
6    3    1    14    15

Jesus said, "\_\_\_\_ \_  
8    10    14    3    15    10    13    11

\_\_\_\_ \_      \_\_\_\_ \_  
9    3    7    5    6    2    10    11    1    12

\_\_\_\_ \_      \_\_\_\_ \_  
15    10    13    11    12    3    8    4

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

**How does practice help you?**

Journaling lines for the question 'How does practice help you?'



Day 1

Go to [cornwallchurch.com/children](http://cornwallchurch.com/children) and watch this week's episode of Explorers League.

SO & SO TOP 3

After watching, write one thing that:

- 1. You liked:
2. You learned:
3. You'd like to know:

Even if you already saw it at church, feel free to check it out again!

## Day 2

Read 1 Corinthians 9:24-25.

After you read 1 Corinthians 9:24-25, go through the passage and replace as many words as you can with an emoji that represents that word. If you have a device nearby, you can type the passage into a notes app, or even text it to a friend. If you don't, write out the words and draw small, simple pictures to represent some of the words, like a running stick figure and a gold medal.

What did you use for "forever"? It's tricky to illustrate that word, isn't it? In fact, it's hard to even imagine what forever looks like, it's that mind-blowingly huge. But the journey we are on is leading us to forever with Jesus, so we need to keep our eye on the prize of spending eternity with Jesus as we hear from, pray to, talk about, and live for, God!



## Day 3

**Have you ever been walking or running and you saw something to the side that distracted you and you fell?**

It's easy to get distracted by the things around us and take our eyes off the road ahead. It can happen in our spiritual lives too. Instead of focusing on Jesus and following the plan He has for our lives, sometimes we get distracted by the things around us. Starting each day in prayer, asking God to help us stay focused on what's really important is a great way to keep practicing what matters most.

Fill in the blanks to this prayer, and then read it out loud as you talk to God.

**"Dear God,** thank You for sending Jesus to be our Savior, so that when we put our trust in Him, we can spend forever in heaven with You. Help me to remember that loving You and loving others is what I am supposed to live out, and that takes practice. Sometimes I get distracted by \_\_\_\_\_ and \_\_\_\_\_. Please help me to keep my eyes on You today and practice hearing from You. In Jesus' Name, I pray, **amen."**

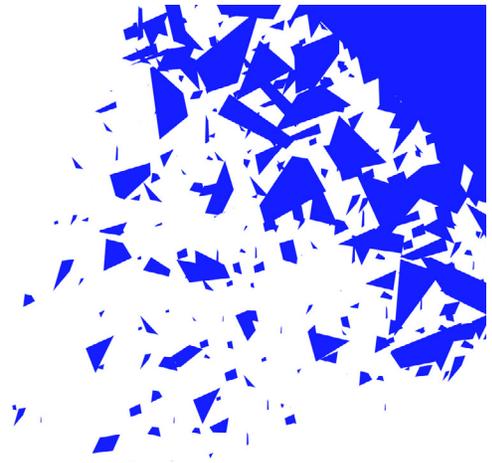
## Day 4

Interview the people you live with—and you can also message or video chat with friends to interview them too—ask them these questions about practice.

Write down their answers.

- ➔ What is something you practice every day?
- ➔ What do you think you've spent the most time in your life practicing?
- ➔ What have you gotten better at through practice?
- ➔ Do you think faith takes practice? Why or why not?

Gather the answers from at least three people, and hold on to them until tomorrow.



## Day 5

**How does practice help you?**

Take a few minutes to read through the answers you gathered yesterday about how and what your friends and family practice. Do you notice any common answers?

Here's something really cool about practice: it works! Unlike the common phrase, "practice makes perfect," **practicing your faith won't make you perfect, but it will draw you closer to God** and help you to live out what Jesus said is most important: to love God and love others.

Pick two things you will practice: one for "the life you are now living" (Maybe piano? Math? Soccer?) and one for "the life to come" (Maybe read God's word when you wake up and at bedtime? Practice praying at times more than just meals?). Commit to three days of practicing those two things, and then come back and share how you think your practice has helped you.

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