



# Raising Up SPIRITUAL CHAMPIONS

**COMMITTED: Wholehearted Involvement**

**TIP:**  
Display this newsletter at home, and use the activities as desired throughout the week.

Also in this newsletter:

- Connect Your Kids to God • Family Fun • Easy Bonus Activity



## Questions to Go at bedtime, mealtime or car time

- What is one thing about being a Christian you'd like to know more about?
- Could a person serve God halfheartedly? How or why not?
- What are some things you love about God? How do you show it?

## Verse to Chew on

"Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind" (Luke 10:27, *NIV*).

- Write this verse as a prayer, and post it where the family can see it often: "I love You, Lord, with all my heart and with all my soul . . ."
- What are different words that could express the same thing?

## Character Builder: Committed

When you are committed wholeheartedly to something you focus on it with an intensity that keeps you from forgetting it or getting distracted, and you make it a part of your life. Help your kids understand commitment to God with this activity.

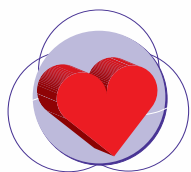
- **Talk briefly** with your kids about how as a Christian, you seek, serve, love, trust, obey, and rejoice in God "with all your heart" (Deuteronomy 6:5, *NIV*). It's a commitment that involves your whole being.
- **Draw an outline** of a person on a piece of paper. Across the top, write, "We will love God with all of our" and write "heart" in the chest area, "soul" in the stomach area, "strength" in the arms and legs, and "mind" in the head.
- **At the bottom** write specific ways to do that, e.g., "We will talk with God every day, treat others like we'd like to be treated, keep a good attitude, and make right choices."
- **Talk about** how you can be committed in other areas of your life, e.g., learning an instrument, taking care of a pet, being on a team.

## Too Involved?

It's easy to get over-involved with activities, making it hard to keep commitments. Review your family priorities together before making new commitments. Make sure they fit into your overall plan for your family life.

## Preschool Focus

Plan with your child and prepare him to complete all the parts of a task, like washing the dog. You might say, "When I get Stormy in the bathtub, you hold her leash while I get her wet. Then I'll hold her while you put the soap on, and then I'll rinse her."



## Connect Your Kids to God

What does it mean to love God with all my heart and soul?

After King Josiah found a hidden Book of the Old Testament, he brought the people back to God, got rid of worship to other gods, and held a Passover celebration. This is what was said of him: “Neither before nor after Josiah was there a king like him who turned to the Lord as he did—with all his heart and with all his soul and with all his strength” (2 Kings 23:25, *NIV*).

What does this mean for you? Read and follow God’s Word and celebrate your relationship with Him.

## You Can Do It!

- Keep Christianity from being a drudgery in your family. Read together verses that show the amazing relationship we have with Jesus (Romans 8:37–39; 2 Corinthians 13:14; 2 Thessalonians 2:16–17.)
- Let your kids hear your awe and appreciation of God’s creation and the beginning of each new day.
- Celebrate often God’s presence in your lives and the simple blessings of food, shelter, family and friends.

## Family Fun

Use your creative skills together with these easy projects. Keep the activities free from competition. Learn from each other’s successes. Commend each person for attempts.

- Give each person a few pieces of paper and see who can come up with a paper airplane that can float long distances.
- Provide tissue paper, string or fishing line and small objects. Pair up and see who can make a parachute for the small objects that works. Experiment with different materials.
- Come up with a new kind of drink or snack using what you have in the refrigerator and cupboards.

Visit [www.raisingupspiritualchampions.com](http://www.raisingupspiritualchampions.com) for more Family Fun.

## Did You Know?

“Pride only breeds quarrels, but wisdom is found in those who take advice.” —Proverbs 13:10, *NIV*

## Easy Bonus Activity

You can encourage your kids to be involved in the things they’ve committed to, but the choice is theirs. Enjoy this visual learning activity: Let two people act out a task, like practicing piano. One shows wholehearted commitment and the other shows only halfhearted involvement.

## Preschool Focus

Put on an upbeat music CD or DVD and exercise with your kids. Challenge them to use all of their body as they move. Later, when it’s time to clean up a room, play the music again and work together as energetically as when you were exercising. Have fun and move to the music while you work!