

# 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.*

PARENT CUE

