



WEEK 1

MATTHEW 7:24-27

Sand & Rock

ASK THIS: How can you hear from God?

WEEK 2

LUKE 11:1-4

Model Prayer

ASK THIS: How do you pray to God?

WEEK 3

MATTHEW 16:13-20

Who do you say that I am?

ASK THIS: Who can you talk with about God?

WEEK 4

MARK 12:41-44

The Widow's Offering

ASK THIS: How can you live for God?

REMEMBER THIS

"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, NIRV

LIFE
APP

COMMITMENT – Making a plan and putting it into practice



WEEK 1

MATTHEW 7:24-27

Sand & Rock

ASK THIS: How can you hear from God?

WEEK 2

LUKE 11:1-4

Model Prayer

ASK THIS: How do you pray to God?

WEEK 3

MATTHEW 16:13-20

Who do you say that I am?

ASK THIS: Who can you talk with about God?

WEEK 4

MARK 12:41-44

The Widow's Offering

ASK THIS: How can you live for God?

REMEMBER THIS

"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, NIRV

LIFE
APP

COMMITMENT – Making a plan and putting it into practice

DO THIS



MORNING TIME

Think of a goal your preteen has been working towards. Maybe something that involves commitment. When you see your kid in the morning, let the first thing you say to them be encouragement about their goal! "Good morning! I think it is awesome you are so committed to _____. I can't wait to see how God uses this talent in you."



DRIVE TIME

When you get in the car, pick a challenge to commit to for the ride. Like no screentime or phones or radio. Get creative and know you are making a plan and putting it into practice!



MEAL TIME

Q & A for kids: Would you rather practice the recorder for an hour every day for the rest of your life, or listen to someone else practice the recorder for an hour every day for the rest of your life?
Q & A for parents: When you were my age, did you play an instrument, sport, or do another activity that required a lot of practice? Was it ever hard to commit to?



BED TIME

Read Matthew 7:24-27. Discuss with your preteen the idea of building a solid foundation. Why is rock better than sand? "Building on the rock," takes two steps. You've gotta hear what God says and then you've got to act and put God's words into practice. Pick one thing you know God has said and choose some ways you can put that into practice this week. Ask God to help you show commitment.

DO THIS



MORNING TIME

Think of a goal your preteen has been working towards. Maybe something that involves commitment. When you see your kid in the morning, let the first thing you say to them be encouragement about their goal! "Good morning! I think it is awesome you are so committed to _____. I can't wait to see how God uses this talent in you."



DRIVE TIME

When you get in the car, pick a challenge to commit to for the ride. Like no screentime or phones or radio. Get creative and know you are making a plan and putting it into practice!



MEAL TIME

Q & A for kids: Would you rather practice the recorder for an hour every day for the rest of your life, or listen to someone else practice the recorder for an hour every day for the rest of your life?
Q & A for parents: When you were my age, did you play an instrument, sport, or do another activity that required a lot of practice? Was it ever hard to commit to?



BED TIME

Read Matthew 7:24-27. Discuss with your preteen the idea of building a solid foundation. Why is rock better than sand? "Building on the rock," takes two steps. You've gotta hear what God says and then you've got to act and put God's words into practice. Pick one thing you know God has said and choose some ways you can put that into practice this week. Ask God to help you show commitment.