

Commitment means making a plan and putting it into practice.

WEEK
1

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