COMMITMENT

MAKING A PLAN AND PUTTING IT INTO PRACTICE

READ PROVERBS 2:1-5 DAY 1

You probably know you should do what God says. But, how do you KNOW what God is saying to you? Even King Solomon wrote in Proverbs that we have to search for God's wisdom like hidden treasure. But there are definitely some things we can do and people we can turn to to find out what God says. Find the hidden words in this puzzle and you'll be one step closer to discovering what God says!

D	P	U	I	N	A	H	U	S	H	J	B
J	S	R	D	P	A	R	S	O	N	G	S
E	B	A	I	R	Q	M	D	K	B	G	U
S	C	H	O	A	D	U	O	Y	H	O	E
I	N	P	O	Y	L	A	P	L	C	P	Y
S	C	L	B	M	H	L	I	E	A	A	N
B	H	D	E	G	B	U	E	U	I	R	O
I	U	U	R	L	N	B	I	B	L	E	C
B	R	R	O	I	R	A	Q	W	A	N	Y
S	C	Z	Y	C	P	M	O	C	O	T	S
P	H	R	V	G	O	T	H	E	R	S	P
A	M	A	S	N	L	W	C	E	M	A	H
G	Q	G	M	H	C	U	B	N	R	S	H

FIND THESE WORDS:

PRAY
BIBLE
OTHERS
CHURCH
SONGS
PARENTS

THANK God for giving you all you need to find out what He says.

READ PSALM 25:4-5 DAY 2

When you put your trust in God, it's not just a one-and-done type thing. You are going to need to follow God and put your hope in Him all day long, each and every day. That means you're going to need to make time in your day to check in with Him. Find a device that you can keep with you (at least when you're at home), and use it to set a few alarms to remind you to connect with God this week. Maybe set an alarm a couple of minutes earlier than you usually get up so you can take some time to read your Bible. Then set one for when you get home from school to remind you to pray. And another one closer to bedtime so you don't forget to talk to God about your day. After a few days of alarms, you'll probably find you won't even need them. Taking time to hear from God will be a part of your routine!

ASK God to help you remember to listen to Him all throughout your day.

READ PHILIPPIANS 4:8

DAY 3

Have you ever wondered what people mean when they say that God told them something? It can be hard to understand, because most people have never heard God's actual voice speaking to them out loud. But if you're really trying to hear what God says, there's an easy way to know if what you're doing is what He wants. God will never ask you to do something that is not in line with who He is. Philippians 4:8 gives us a great checklist for hearing what God is saying. If you're ever in doubt of what God wants you to do, think about these things below. If it doesn't line up with at least one of these, it may not be from God.

- ☐ True
- ☐ Noble
- ☐ Right
- ☐ Lovely
- ☐ Worthy of respect
- ☐ Excellent
- ☐ Worthy of praise
- ☐ Pure

LISTEN for God's voice today and then do what He says.

READ JAMES 1:22

DAY 4

Grab a family member for some help playing "Simon Says." Have them call out various exercises, like jumping jacks, sit-ups and push-ups. You have to listen closely, and only do the exercises after they say "Simon Says."

This week we've focused a lot on how to hear what God says. But it means nothing if you don't follow through and actually DO what He says. If you've ever been sick, you know how this works. You can go to the doctor and listen to everything he says to you, but if you don't go home and follow his orders, then it doesn't really matter that you went to the doctor at all! And exercise isn't going to make you stronger if you just listen to the trainer but don't do what they say. Today, make sure you're following through on everything you hear God say.

KNOW that doing what God says has value in every way.

READ LUKE 11:2-4 DAY 1

Jesus knew that it was hard for people to know how to talk to God. So He broke it down for His friends. He gave them a model prayer that they could use to get started talking to God. It wasn't meant to be something they would necessarily memorize and recite, but more of an example.

Match the lines from Jesus' model prayer to how a kid might pray today. Then write in your own words how you would change it for what you're experiencing in your life right now.

Father, may your name be honored. May your kingdom come.

Give us each day our daily bread.

Forgive us our sins, as we also forgive everyone who sins against us.

Keep us from falling into sin when we are tempted.

Please help me today on my spelling test to remember everything I studied.

Help me get along with her today.

Dear God, thank You for making me and loving me. You're awesome.

Please forgive me for being mean to my sister yesterday.

THANK God for the example Jesus gave us so we can know how to talk to God.

READ EPHESIANS 6:18 DAY 2

Did you know there are as many ways and things to pray about as there are people in the world? It's true! God just wants you to talk to Him, and that may look different for every person and in each situation. Pick 2-3 options from the list below and try praying that way today.

- [ ] Prayer walking (walk around your house or outside and pray as you walk)
- [ ] Pray for your classmates and teachers
- [ ] Bow on your knees by your bed to pray
- [ ] Pray for your family members by name
- [ ] Write your prayers
- [ ] Sing a worship song to God
- [ ] Pray with a friend or family member

ASK God to show you the best way for YOU to pray.

READ PHILIPPIANS 4:6 — DAY 3

One of the best things about God is that you can talk to Him about anything. Good day? He wants to know! Worst day of your life—tell Him! He can handle it.

When you pray today, talk to God about your "pows" (the bad things) and your "wows" (the good things). Punch your first forward (knockout-style) when you share your pow, and punch up in the air (yeah-style) when you share your wow

THANK God for everything in your life and even being with you during the hard things.

READ 1 THESSALONIANS 5:17 — DAY 4

Never stop praying. It's a short verse, but it says it all. You never have to stop praying when you're a child of God, because He can hear you whenever and however you talk to Him. You don't even have to stop what you're doing. You don't have to close your eyes. You can be sitting at the lunchroom table at school, with friends all around you, and you can be talking to God!

Get a sheet of paper and cut a strip off. Write the letters NSP (Never Stop Praying) on it and decorate it however you'd like. Then glue or tape the ends together to make a bracelet. Just like the circle shape of the bracelet appears to have no end, neither do your prayers!

KNOW that God is always listening when you talk to Him.

COMMITMENT

MAKING A PLAN AND PUTTING IT INTO PRACTICE

READ ROMANS 1:12 — DAY 1

It's been said that the most powerful words in the English language are "me too." Knowing that you're not alone is so comforting, and it's also true when it comes to talking about God. When you can share your questions, doubts, praises, and just the really cool things you've seen God do in your life, it encourages others. And hearing that others sometimes don't understand something about God can help you feel free to share your own questions.

If you were to get to sit down with God, face to face, today and ask Him any question you have, what would it be? _____

_____

_____

Now, go share that with your mom or dad, sibling or friend. Ask them what they would ask God too!

LISTEN to what others have to say about God and share your own thoughts as well.

READ PROVERBS 22:17-18 — DAY 2

"YOU CAN PICK YOUR FRIENDS.
YOU CAN PICK YOUR NOSE.
YOU CAN'T PICK YOUR FRIEND'S NOSE."

You won't read that in Proverbs, but it's definitely a nugget of wisdom. And taking care to choose your friends—especially the ones who you listen to for advice, is one of the most important things you can do. While we should be kind to everyone, it's wise to spend time with friends with whom you can talk about God and what He wants you to do. And you should be that kind of friend for others too. Think about the five people you spend the most time with. Are they wise friends who encourage you to make wise decisions? If not, take some time to talk with your mom or dad today about how you can surround yourself with wise friends.

ASK God to help you make wise choices and pick wise friends.

READ PSALM 96:3

DAY 3

What are some of the great things God has done in your life? What are some of the gifts and blessings He has given you? Grab a sheet of paper and cut out several strips. Write on each one something wonderful that God has done for you. Stick those strips somewhere you can see them each day like on your bathroom mirror, the refrigerator, or your school folder. Throughout your day, as you are reminded of those great things God has done, try to share them with others. As you make your way through the list, turn each strip over as you share it with someone, until all of the strips are turned over.

KNOW that talking to others about God gets easier with practice!

READ 1 PETER 3:15

DAY 4

Stand up, walk to the middle of the room, and get ready to fall down backward. BUT WAIT! Don't do it. Instead, sit on your bed and fall back on your pillow. Much better, right?

When you talk about God, you're not only encouraging people who believe in Him, but you also might open the door for people who don't believe in God to ask you questions. Sometimes all it takes is being a soft place for someone to land for them to open up and ask you questions about God. If your friends know that they can be open and honest with you, without feeling like you're going to laugh at them, they're much more likely to talk to you about what's going on in their lives. You can be like that pillow for them, to comfort them with the truth that God loves them.

KNOW that talking about God can be hard for some people, so be patient and kind.

COMMITMENT

MAKING A PLAN AND PUTTING IT INTO PRACTICE

READ ROMANS 12:2 DAY 1

A few years ago, everyone was wearing bracelets that said "WWJD." What Would Jesus Do? While the bracelets were a fad that has passed, the idea behind them is a good one—when you're trying to figure out what to do in any situation, asking yourself what Jesus would do is a great idea! Nearly everything that Jesus did was opposite of the popular choice, so there will be times when you have to choose a different route from your friends.

Find a place to write WWJD (your hand, your notebook, the hallway mirror) so you will see it and remember to choose what Jesus would do.

KNOW that God's way is good and perfect.

READ COLOSSIANS 3:17, 23 DAY 2

When you get ready in the morning, just do half of what you normally do. Comb one side of your hair. Brush one side of your teeth. Put on one sock and one shoe.

Awkward. Right?

Now go back and go all in. Brush all of your hair, every tooth in your mouth, and lace up both sneakers.

Much better.

Living for God means going all in. It means telling all of the truth all of the time. It means doing the right thing even when no one is looking. It means being a good friend even when someone's not doing their part. It means obeying your parents all the way, not just enough to get by. Trust me, it's much better.

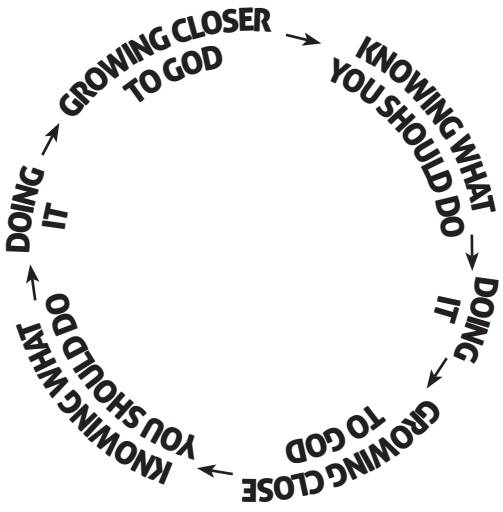
ASK God to help you go ALL in this week.

READ MATTHEW 5:14-16 DAY 3

When you live your life for God, others WILL notice. And it will give you a chance to tell them about the God who made them and loves them and wants them to be a part of His family.

Find a flashlight, and then ask someone in your family to help. Turn off all the lights in the room. One of you should shine the flashlight on the wall, while the other person uses your hands to make different shapes on the wall. Make a heart because God loves us so much He sent Jesus. Make a cross because Jesus died for our sins. Make a circle like the sun because you can shine God's love to everyone. Feel free to make up your own shapes as you talk about how you can be the light of the world

THANK God for letting you be a part of His plan for the world by shining His light.



READ COLOSSIANS 1:9-10 DAY 4

Hop around in a circle.

With each hop, repeat each word written below in order:
Know → Do → Grow → Know → Do → Grow

It actually gets easier, you know! The more you dig into God's word and see His wisdom, the more you will want to do what He wants you to do. And when you do that—follow His way—the closer you will grow in your relationship with Him. And the closer you grow to God, the easier it is to know what He wants you to do. You're already taking the first step just by spending time with God today. So now get out and start doing!

LISTEN to what God wants you to do, then do it, then watch your relationship grow!

PRACTICE LIVING FOR GOD.