



WEEK 1

**MATTHEW 7:24-27**

Sand & Rock

**SAY THIS:** Practice hearing and doing what God says.

WEEK 2

**LUKE 11:1-4**

Model Prayer

**SAY THIS:** Practice praying to God.

WEEK 3

**MATTHEW 16:13-20**

Who do you say that I am?

**SAY THIS:** Practice talking about God.

WEEK 4

**MARK 12:41-44**

The Widow's Offering

**SAY THIS:** Practice living 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, NIV

LIFE  
APP

**COMMITMENT** – Making a plan and putting it into practice

DO THIS



MORNING TIME

Think of a goal your child has. Maybe something they are showing commitment on. When you see your child 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 toys, 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?



BED TIME

Read Matthew 7:24-27. Share with each other what you think it means to build your life on a foundation of rock rather than a foundation of 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.

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