

## At Home Activities

## May 2021, Week 1

**Today's Bible Story:** Over and Over (Training to Win the Prize) • 1 Corinthians 9:24-25  
(supporting: Matthew 22:36-40)

**Today's Bottom Line:** Keep practicing what matters most.

**Monthly Memory Verse:** *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

**Monthly Life App:** Commitment—Making a plan and putting it into practice

**Basic Truth:** I can trust God no matter what.

### 1. What can I practice?

**What You Need:** paper (for you) and one writing utensil

**What You Do:**

- As you hold the paper and utensil ready to write a list, ask the kids to share something that people can get better at if they practice it.
- To get them started, share a few ideas from the list below.
  - Tying your shoes
  - Writing your name neatly or in cursive
  - Memorizing your multiplication tables
  - Playing an instrument or sport
- Use the list to play a game of charades.
- You can do the acting as well as letting your child(ren) act out something from the list.

### 2. Run for the Prize

**What You Need:** Bible (or app on your phone) construction paper, scissors, and markers

**What You Do:**

- Look up 1 Corinthians 9:24-25.
- Invite a kid to read 1 Corinthians 9:24-25 out loud as the group follows along.
- Set out the construction paper.
- Instruct the kids to use markers/crayons to color and decorate a trophy, medal, or a crown.
- They can use the scissors and tape as needed
- As they work, lead the following discussion:
  - What does a gold medal runner have to do to prepare for a big race?
  - Have you ever trained for a sport or prepared for a recital? What did you do to prepare?
  - When we see someone receive a prize in a big race or competition, it can be easy to forget that they trained REALLY hard to win! What are some ways we train or practice our faith? (*love God, love others; hear from God; pray to God; talk about God; live for God*)
  - Practicing these four things—Hear, Pray, Talk, Live—will help us love God and love others. That's running in a way that will earn a prize. What kind of prize do we earn according to 1 Corinthians 9:25? Is it a crown like the one you made? (*No, the prize lasts forever. When we put our faith in Jesus and practice loving God and others, we will win the prize of life forever with Jesus!*)
- Set the trophies/medals/crowns aside for prayer at the end of your small group time.

**What You Say:** “Today, we talked about four ways we can grow or practice our faith. We’ll talk about these things all month long! Commitment is about making a plan and putting it into practice. Even though the word ‘faith’ can seem like a big church word that’s not-so-easy to understand, there are some simple ways we can follow Jesus each day! Paul reminded us in his letter to the Corinthians to ‘run in a way that will get you the prize.’ And the prize can’t be taken away or lost like a trophy, medal, or crown! The prize is life forever with Jesus in a perfect place! That’s why it’s so important to **[Bottom Line]** keep practicing what matters most.”

### 3. Fast? or slow?

**What You Need:** Index cards/scrap paper, markers/crayons

#### What You Do:

- Give each kid two index cards and access to markers and crayons.
- Ask them to write on one card something they feel is really important to practice.
- On the other card, have them write something they feel is less important.
- As kids work, write a few cards of your own to add to the mix.
- Include silly, as well as, serious ideas, such as the following:
  - Whistling
  - Being kind
  - Flying a plane
  - Braiding your hair
  - Training a dog
  - Brain surgery
  - Learning the Bible
  - Generosity
  - Yodeling
  - Running
  - Loving God
- Collect the kids’ cards then shuffle in the ones you’re adding.
- Read a card and ask kids to respond by either standing still, running slowly in place, or running in place quickly, depending on how important they feel the activity is.
- The faster they run, the more important it is to them.

*Note: Let kids know that there are no right or wrong answers. Encourage them to “run freely” based on their preferences and choices.*

- After the cards have all been read, ask:
  - What determines whether something is important enough for you to keep practicing it?
  - What do you love/not love to practice?
  - Would you say there are some things that are important for EVERYONE to practice? What are they?

#### 4. Pray

**What You Need:** Crowns/Trophies/medals from “Run for the Prize” activity

**What You Do:**

- Encourage kids to hold the prize they made as you lead the group in prayer.

**What You Say:**

“Heavenly Father, You are awesome! Thanks for reminding us how important it is to **[Bottom Line]** **keep practicing what matters most**. Help us make a commitment to follow You so we can love You and love others. Help us remember that a life with you is the greatest prize of all. Thank You for Jesus. In His name we pray, amen.”

As adults arrive to pick up, encourage the kids to show off their “prize” and talk about how they will make a commitment this week to **[Bottom Line]** **keep practicing what matters most** so they can grow in faith!

MAY  
2021

## Elementary

WEEKLY CUES

YOU GOT  
THIS!

Theme

### 5K: Run the race

Commitment is making a plan and putting it into practice.

Week One

Training to Win the Prize  
1 Corinthians 9:24-25

#### Say This

Keep practicing what matters most.

#### Do This



#### Morning Time

Write something each family member would like to commit to for the month of June. Place it where everyone will see it daily. It could be taking a walk as a family more often or no technology days. Whatever it may be, make a plan and write the verse of the month next to your goals.



#### 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

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**The better you  
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# Commitment means making a plan and putting it into practice.



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

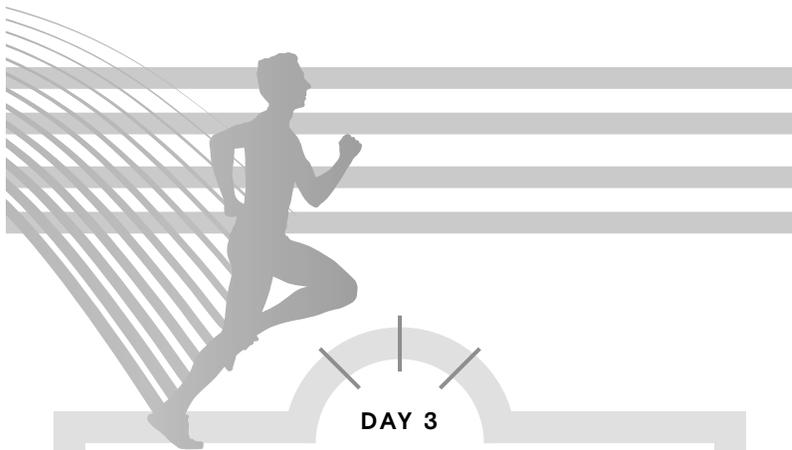
To practice something means to perform an activity or exercise a skill repeatedly in order to improve. In the space below, write down a few things you practice in order to get better:

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