

Use this guide to help your family learn how God can help us live with commitment.

First, watch this week's video!

Commitment:
Making a plan and putting it into practice

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

Bible Story

The Wise and Foolish Builders
Matthew 7:24-29

Key Question

How can you hear from God?

Activity

Stack 'Em Up

What You Need:

Two towels, lots of plastic cups, masking tape, a timer

What You Do:

Divide the cups into two stacks and place them on side-by-side towels. One towel will be yours, and one will be your child's. A few feet across from the towels, use the masking tape (or some other marker) to make a finish line.

Say, "Once I start the timer, we'll race to see who can build the tallest pyramid of cups. When the timer goes off, we'll both scoot our pyramids across the floor to the finish line. The person with the most cups standing when they cross the finish line wins!"

Set the timer for 30 seconds. Press start, and get to stacking and scooting! Play additional rounds if time allows.

Talk About the Bible Story

What did our game and the Bible story have in common? (*They both showed that you need a strong foundation, or else what you build on top of it may fall down with a loud crash.*)

In our Bible story, Jesus said, "Everyone who hears my words and puts them into practice is like a wise man. He builds his house on the rock." What did Jesus say would happen to the man who builds his house on the rock? (*It would stand firm during a storm.*)

Jesus also said, "Everyone who hears my words and does not put them into practice is like a foolish man. He builds his house on sand." What did Jesus say would happen to the man who builds his house on sand? (*During a storm, it would fall with a loud crash.*)

What are some ways you can practice hearing from to God? (*Reading the Bible, listening during church, talking to others who know more about God than we do*)

Do you think God communicates with everyone the same way? Why or why not?

Parent: share about a time when you were able to stand strong because you remembered a story or verse from the Bible.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, I pray that we can continue to practice hearing from You through your Word, the Bible, through other people who follow You, and even by praying to You like we are right now. Please help us stay committed to reading Your story and hearing what's most important to You. Thank You for sending us Your Son, Jesus, and loving us so much. We love You! In Jesus' name we pray, amen."