

Faith at Home

5K



Primary

Week 1 : Training to Win the Prize

1 Corinthians 9:24-25

SAY THIS :

Keep practicing what matters most

In the morning this week, write something each family member would like to commit to for the month of May.

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.

Week 2 : The Wise & Foolish Builders

Matthew 7:24-29

SAY THIS :

Practice hearing from God

This week, as you are driving around say - Talking about the things we love can be easy but it can take practice. Then practice talking about God. Tell each other stories you've read or heard about Him, talk about the questions you would ask, or talk about the things you are grateful for about Him. Whatever it may be, start talking.

Week 3 : Model Prayer

Luke 11:1-4

SAY THIS :

Practice praying to God

At bed time this week, practice talking to God. You can say the Lords prayer or you can just talk to God, say thank you to Him for something you were grateful for in that day, pray for yourself and pray for someone else

Week 4 : Peter Says That

Jesus Is the Messiah

Matthew 16:13-20

SAY THIS : Practice talking about God

This week, at a mealtime ask your kids: How do you think we can practice talking about God? See who can come up with the most creative way.

Week 5 : Widow's Mite

Mark 12:41-44

SAY THIS :

Practice living for God.

At a bed time, say: We can practice living for God by Loving God and loving others. Then ask: What are some practical ways that you can show love to God and to others? It doesn't mean that you won't face stormy situations—but it does mean that God will equip you to weather them without falling apart. Pray that you will make choices this week that build a strong foundation by showing love to God and to others.

Commitment is making a plan and putting it into practice.

Remember :

"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