

# KONNECT

**Train Your Spirit**

## Week 2: Don't Just Try. Train!

You can't train your spirit by trying only when you feel like it. You've got to have a plan, and do something every day to get closer to God!

### EARN 10,000 POINTS FOR COMPLETING THIS WEEK'S CHALLENGE!

What can you do each day to grow closer to God? *Write your answer next to "My Plan."* Ask someone in your family to write their answer next to "Their Plan." Check the box for each day you follow your plan!

#### MY PLAN: \_\_\_\_\_

- ☐ Sunday
- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday

#### THEIR PLAN: \_\_\_\_\_

- ☐ Sunday
- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday

### RECITE THIS WEEK'S POINT AND BANK 5,000 POINTS!

Don't just try. Train!

### 10,000 POINTS WHEN YOU SAY THE VERSE!

**1 TIMOTHY 4:8 NLT** *"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."*



### Check out the YouVersion Bible Plan *Train Your Spirit!*

Learn the Point, practice the Verse motions, and fill your heart and mind with God's Word. Complete the Bible Plan, ask your parent to sign this card, and turn it in to collect 10,000 points!

Name: \_\_\_\_\_ Keytag #: \_\_\_\_\_

Parent Signature: \_\_\_\_\_