

Theme

5K: Run the race

Commitment is making a plan and putting it into practice.



Week Two

The Wise and Foolish Builders
Matthew 7:24-29

Say This

Practice hearing from God.

Do This



Meal Time

Q&A FOR KIDS: What is your favorite thing to practice?

Q&A FOR PARENTS: Are you more of a planner or do you deal with things as they come? Share a story from your life that illustrates this.

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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just admit it and
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