

# 5K RUN THE RACE

PARENT CUE  
**PRETEEN**  
MAY 2021 WEEK ONE

Use this guide to help your family learn how we can have faith in God.  
First watch this video: [cedargrove.org/kids-online-services](https://cedargrove.org/kids-online-services). Then follow up with the activity below!  
For worship music, try Orange Kids Music on Spotify <https://spoti.fi/2TqDhBJ>

## BIBLE STORY

Training to Win the Prize  
1 CORINTHIANS 9: 24-25  
(supporting: MATT 22:36-40)

## MEMORY VERSE

### WEEKLY:

**"Commit to the Lord everything you do. Then he will make your plans succeed."**  
Proverbs 16:3, NIV

### MONTHLY:

**"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

## LIFE APP

**Commitment – Making a plan and putting it into practice**

## KEY QUESTION

**How does practice help you?**

## BASIC TRUTH

**I can trust God no matter what.**

## ACTIVITY

### Practicing Priorities

#### WHAT YOU NEED:

Index cards and something to write with

#### WHAT YOU DO:

Before you begin, write down the following words on index cards (one card per word). Save a few blank cards.

- Learning the Bible
- Whistling
- Being kind
- Generosity
- Flying a plane
- Running
- Yodeling
- Training a dog
- Loving God
- Braiding your hair
- Brain surgery

Ask your child to think of a few things that are important to practice. Then, ask them to write down their ideas on an index card (one per card). Add those cards to the ones you've already prepared and shuffle them together.

#### WHAT YOU SAY:

If you want to get better at something, you have to practice. But sometimes, it's hard to know what's MOST important to practice. I want you to go through this list of things we can practice and put them in order of most to least important. There's no right or wrong answer. Ready? Go!

When your child is finished, ask them to explain their reasoning. Then, let them choose one of the items on the cards that they think is important to practice. Together, come up with a "practice schedule." Set reminders on your phones and devices. Make sure your child knows you're committed to helping them get better at something through practice. (Note: If there's already something your child is working on, such as an instrument or a sport, leverage this opportunity to help them set a goal and commit to practicing in order to meet that goal.)

## PRAYER

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

"God, please help us keep practicing what matters most, even when it's hard. I can't wait to see (insert your child's name) grow in their relationship with You as they continue to practice hearing from You, praying to You, talking about You, and living for You. Help me do all these things every day as well. Thank You for sending us Your Son, Jesus, and for loving us so much. It's in Jesus' name we pray, amen."



**MAY 2021**  
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## **GOD VIEW**

The connection between commitment and God's character is shown through God's big story. Commitment is making a plan and putting it into practice.

**1 CORINTHIANS 9:24-25**

**Key Question:** How does practice help you? Preteens are starting to understand that faith is more than what happens at church. Our relationship with Jesus should be part of our everyday world. Like anything, if we want to get better at it, we need to practice. Through this question, we help preteens discover the value of practicing and how that relates to growing in their faith.

We kick off the month with something Paul wrote in **1 Corinthians 9:24-25**. So run in a way that will get you the prize. All who take part in the games train hard, (NIRV). Paul used running in a race as a way to talk about our relationship with God. A growing relationship with God isn't something that happens overnight; we need to practice it. The verse sets up the rest of the month for how we can practice our faith.

### **Lesson Recap:**

Paul (the Jesus-follower who wrote 1 Corinthians - a letter to the people living in Corinth) is not simply giving athletic advice; he's talking about a way of life. His advice is to focus on the final finish line, life forever with Jesus.

Every step along the way is important as we run the race of life and live out what matters most.

Here are some areas of importance:

- Hear from God.
- Pray to God.
- Talk about God.
- Live for God.

Commitment is making a plan and putting it into practice. Choose one of these important areas today and in the week ahead put it into practice.

### **Bottom Line:**

**Keep practicing what matters most.**

What matters most?

We think it's a growing relationship with Jesus.

When it comes to getting things done, more often than not, you need a plan.

The same is true in your relationship with Jesus.

We hope kids learn some practical steps to make a plan to prioritize growing an everyday faith in Jesus.

### **Morning Time:**

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.

