

# COMMITMENT

*Making a plan  
and putting it  
into practice*



Follow-Up to KQ Online

Family Discipleship Devotional (To Be Led by Parent)

May 2, 2021

## **Truth:** (1 Corinthians 9:24-25)

“Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.”

## **Equipping:** (Discussion questions)

1. What is our ‘prize’ as Christians? Eternal life with Christ!
2. Why should we work to receive this? We know that what we do does not earn us salvation. We work hard because of what Christ did for us on the cross.
3. Why should we practice self-control? Because we want to avoid sin and not fall into temptation!
4. What are some good ways we practice our faith? We can practice hearing from God, praying to God, talking about God, and living for God! These will help us love God and love others!
5. How does this story point to Christ? He practiced perfect self-control. He never sinned! But ultimately Jesus lost by dying on the cross so we could win and live with him in heaven!

## **Accountability:**

1. How can you practice hearing, praying, talking, and living this with week?
2. What do you do if you feel lazy in your commitment to following Jesus?
3. How can you practice self-control around things that have tempted you?

## **Mission:**

1. How can you live for God at school? At home?
2. Who are some people you want to talk about God?

## **Supplication:**

1. Look at Hebrews 12:1-2 together and pray through it!

God, we ask that you help us keep practicing what matters most, even when it’s hard. I can’t wait to see each of these kids 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.

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