



## Commitment: Making a plan and putting it into practice

### Memory Verse

"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

### Bible Story

Peter Says  
That Jesus Is  
the Messiah  
Matthew 16:13-20

### Key Question

Who can you talk  
to about God?

Use this guide to help your family learn how God can help us live with commitment.

## Activity

### Toss 'n' Talk

#### What You Need:

Medium-sized playground ball (or beach ball) and permanent marker

(Note: If you don't have a ball and marker, you can write down two sets of the Activity Questions on strips of paper and take turns drawing them from a hat or cup.)

#### What You Do:

Before you begin, write down the numbers one through six on different sections of the ball.

Say, "We're going to take turns tossing this ball back and forth. When you catch the ball, look where your right thumb is located. Whichever number is closest to your thumb, I'll read the corresponding question. You answer the question, then toss the ball back to me, and then it's my turn to answer a question."

If you get the same question twice, toss the ball up in the air and catch it again. Keep tossing the ball back and forth until both you and your child have answered all the questions.

#### Activity Questions:

1. Have you ever experienced something that showed you how much God loves you?
2. What is one thing you love about God?
3. What is something God has given you that you are thankful for?
4. What is something cool that God made?
5. If Jesus asked you, "Who do you say I am?" how would you answer?
6. What is something you've learned about God lately?

## Talk About the Bible Story

Were any of those questions tough for you to answer? Which ones?

Why do you think Jesus wanted His friends to know who He really is?

How did Peter answer when Jesus asked Him, "Who do you say I am?" (Look up Matthew 16:16 to find the answer.)

Who is someone you trust and can talk to when you have questions about God?

What is something God is doing in your life right now? Who can you share that with?

Parent: share about a time when someone talked about God with you.

## Prayer

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

"God, thank You for reminding us that following You takes practice! There is always something new to learn about You. Help us talk to the people we trust who follow You when we have questions. Help us have the courage to share what we do know about You—about how much You love us—with our friends who don't know much about You. You are an awesome God! In Jesus' name we pray, amen."

