

COMMITMENT

God Story:

Paul and Silas | Acts 16:16-40

Big Idea:

Following Jesus is an all-day everyday commitment.

Key Verse:

Say with your mouth, "Jesus is Lord." Believe in your heart that God raised him from the dead. Then you will be saved. | Romans 10:9 (NIRV)

Leader Tips:

- Pray for the kids in your group before they arrive. Pray that Jesus would be real to them and meet them wherever they're at.
- Look for opportunities to highlight what it means to follow Jesus and talk about practical examples with the kids.

Ms My Story

- 1. Conversation Starter** **2 minutes**
Discuss what the word "commitment" means, then talk about things or people the kids are committed to. Introduce the Big Idea.
- 2. Intro Activity** **5 minutes**
Do a challenging group task to illustrate that getting through the week is better with commitment.

Gs God Story Ls Life Story

- 3. Weekly Video** **12 minutes**
The video includes host, God Story, Life Story, and Key Verse segments.

Ms My Story

- 4. Small Group Activity** **12 minutes ***
Review the video teaching. Read 1 Kings 8:51 and discuss the verse. Brainstorm examples of hard times and ways to overcome them. Create stickers to help the kids remember their commitment to follow Jesus.
- 5. Prayer Activity** **8 minutes**
Emphasize that Jesus-followers can help one another by praying. Work in partners to fill in the blanks on prayer cards and then pray together.

Os Our Story

- 6. Dismissal**
Connect with parents and give them the take-home materials.

* Extendable activity



1. CONVERSATION STARTER

Supplies:

- None

Leader Tip:

- The Conversation Starter is a great way to make everyone feel welcome and build community! Use it to set the tone for your group's time together.

Instructions:

- As the kids arrive, welcome them and gather everyone together.
- Ask what they think the word "commitment" means. Talk about some possible definitions.
- Explain that commitment means deciding to be dedicated to something or someone.
- Ask: What are you committed to? (e.g., a person, music, a sport, doing well at school, a job such as a paper route, a club)
- Depending on the size of your group, have the kids share their answers with the people sitting closest to them or with everyone.
- Note that when we're committed, we keep trying even if it isn't easy. If you commit to being a friend, it means you hang in there even when it's tough. There are people committed to looking after you, too! No matter what, they'll always stick by you.
- Introduce today's Big Idea: **Following Jesus is an all-day everyday commitment.** Emphasize that it's the most important commitment of all!

2. INTRO ACTIVITY

Supplies:

- Days signs
- Masking tape
- Timer
- Commitment signs

Before the Activity:

- Arrange the signs with the days of the week on them in a large circle on the floor. Leave at least a metre (about three feet) between each sign. Tape around all the edges to prevent the kids from slipping on them as they jump from sign to sign.

Leader Tip:

- Jumping around the day signs should be difficult. The activity will become easy once the Commitment signs are added.

Instructions:

- Gather the kids to line up near the Sunday sign.
- Let them know that the circle represents a whole week. In order to follow Jesus all-day everyday, we need to be committed. Remind everyone that the promise we've made to follow Jesus can get us through hard times.
- Explain that they'll take turns jumping from one day of the week to the next. If they step on the floor instead of a sign, the whole group loses a point.
- Guide the kids to take turns jumping around the circle. Have them tag the next person to go when they're done.
- Time the kids to see how long it takes for the entire group to do the challenge.
- Repeat the activity, but this time place the Commitment signs between each day.
- To wrap up, highlight how much better it was to go from day to day with commitment. It's an essential part of following Jesus!



3. WEEKLY VIDEO

Supplies:

- Video file

Instructions:

- Play the video. It contains:
 - Host segment
 - God Story (Paul and Silas | Acts 16:16-40)
 - Life Story (Chris loved skateboarding but considered it a separate part of his life from following Jesus. He learned that God could use his passion for skateboarding to teach other people about Jesus.)

4. SMALL GROUP ACTIVITY

Supplies:

- Bibles
- Sticker sheets
- Markers
- Scissors

Leader Tip:

- Make sure everyone's names are on their stickers.

Instructions:

- Gather your small group to sit together.
- Discuss:
 - What is this month's Key Verse? (Romans 10:9)
 - What was the Life Story about in today's video?
 - What was the God Story about?
- Make sure everyone has a Bible. Share them if needed.
- Guide the kids to look up 1 Kings 8:61. Show them how to navigate to the verse.
- Discuss:
 - What does it mean to be fully committed to the Lord and obey his commands?
 - How does it change the way we make decisions?
 - How might a commitment to follow Jesus lead us

- to make different choices?
- Point out that it can be difficult to stay committed when things get hard.
- Ask if anyone has experienced a hard time while following Jesus.
- Brainstorm some examples of hard times and how we might overcome them. For example, hard times might include:
 - Missing out because what your friends are doing might not be pleasing to God
 - Standing up for someone who needs help, even if you get bullied too
 - Resisting the urge to cheat
 - Using self-control
 Examples of ways to overcome these scenarios might include:
 - Praying for help
 - Removing yourself from the situation
 - Talking to someone about it
 - Reading or reciting a Bible verse
- Give each person a sticker sheet.
- Place the markers and scissors where everyone can reach them.
- Direct the kids to create a sticker that will remind them of their commitment to follow Jesus. They could draw a symbol or a picture. They could also cut the sticker into a different shape.
- When they're done, invite everyone to share their creation with the rest of the group.
- Encourage them to place their sticker somewhere they'll see it throughout the day. Ask them to get permission from an adult before they stick it down!

5. PRAYER ACTIVITY

Supplies:

- Prayer cards
- Pens

Instructions:

- Remain in your small groups.
- Tell the kids that **following Jesus is an all-day everyday commitment**, but we don't have to do it alone. He is always with us and we have one another, too! God knows that sometimes we make mistakes. He promises to love us and always forgive us. He wants us to keep trying!
- Explain that we can help other Jesus-followers by praying for one another.
- Guide the kids to get into groups of two or three people.
- Give each person a prayer card and a pen.
- Read aloud the text printed on the card.
- Ask everyone to write their name and their partner's name at the top of their prayer card.
- Invite them to share about a time when it's tough for them to remember to follow Jesus (e.g., at school, with a brother or sister, with a babysitter).
- Direct the kids to fill in the blanks at the bottom of their cards. Help with reading and spelling as needed.
- Gather everyone to sit in a circle.
- Prompt the kids to take turns praying for the person named on their card. It can be very simple. For example, they can pray that this person will remember to follow Jesus this week.
- Ask them to take home their card and pray for their partner at least once each day. They can remember that someone is praying for them, too!

Os Our Story

6. DISMISSAL

Supplies:

- Kids' crafts
- Take-home cards
- Key Verses colouring pages
- Key Verses cards

Before Dismissal:

- Place any crafts and take-home materials where everyone can access them easily.

Leader Tip:

- Take a moment to share with parents about their kids' experiences. Many parents will only hear about the morning from you.

Instructions:

- Greet parents as they arrive to pick up their kids.
- Give everyone take-home cards.
- Offer Key Verses cards and colouring pages to anyone who has not gotten one yet this month.
- Remind them to take any crafts.
- Make sure the security numbers match before the kids leave with their parents.