# 5K: Run The Race

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



First, watch this week's video!

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, NIrV

### **Bible Story**

Widow's Mite Mark 12:41-44

### **Key Question**

How can you live for God?

### **Activity**

**Coin Hands** 

#### What You Need:

Masking tape, two bowls full of coins, two empty bowls

### What You Do:

Set up the bowls of coins side by side. Then, place one empty bowl on either side of the bowls with coins in them.

Say, "I'm going to tape your fingers together on one hand. Then, I'm going to tape mine. We're going to race to see who can move the most coins into each of our empty bowls. You can't use your other hand or use your fingers normally. All you can do is stick your hand in the bowl of coins and then shake the coins off the tape into your empty bowl. Ready?"

Tape one of your child's hands, wrapping the tape all the way around their four knuckles, sticky side out. (Make sure the tape isn't too tight, but that it stays on their hand firmly.) Then, tape your own knuckles together.

Set a timer for one minute and play. Using the tape, try to stick as many coins as you can from your bowl, then move them to the empty bowl by shaking them free. (You can use your thumb on the taped-up hand to knock the coins loose, but you can't use any other fingers.)

When time is up, count to see who moved the most money to their empty bowl and declare a winner!

## Talk About the Bible Story

In our story today, we heard about a woman who also had some coins. How many did she have and how many did she give? (Two and two)

According to Jesus, did the widow give more or less than all the rich people? (She gave more because she gave all she had.)

Did the widow give her coins so that people would see what she did, or did she do it because she was living for God? (because she was living for God)

Finish the following sentences:

Living for God is easiest when... Living for God is hardest when...

Is there a difference between KNOWING God and LIVING for God? Explain.

Parent: talk about different ways you can practice living for God as a family.

### **Prayer**

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

"Dear God, we know You gave us Your Word to help us learn how to follow You. Help us commit to practicing what we've discovered today about how to live for You. Remind us this week to make choices that honor You. We need Your help to stay focused on Your way as we run the race of life. Remind us also that we can show Your love to the world in the way we act, talk, and trust You. In Jesus' name, amen."