Dear Parents,

Here are some ideas for you to work through with your child/children but please feel free to adapt them to suit.

Enjoy!!

Clare

**Getting Started - Commitments**

**Equipment**

Flip chart paper and pens.

Begin by asking the children what a commitment is. (It is something that you have promised to do, something that you make a priority).

We do a lot of things with our time, but something that we are committed to will take priority. For instance, if you are committed to a football team, you will probably choose to miss a party if it clashes with an important game.

Ask the children to call out some other things that people are committed to.  You could write these down if you wanted to.

Ask the children how long these commitments should last. Some, like marriage, should be a life time, while others are definitely short term, such as being involved in a school play.

Ask the children to get into small friendship groups to discuss these questions:

* What are you individually committed to?
* Why are you committed to them?
* How long have you been committed to them?
* What makes people break commitments? Why do people stop being committed to something and go on to something else?

Come back into the larger group to discuss answers to these questions.

Try to emphasize that a commitment usually takes sacrifice and people give up when the commitment seems less important than other things.

You could also bring in the fact that some commitments demand a change of life and that being a Christian is a big commitment that should last a life time.

***This part of the activity is optional, and can be put in either at the start or the end of the activity:***

Ask the children to think about something that they are committed to, and how long they have been committed to it.

Choose a volunteer, who stands up and says, “I have been committed to this for (however many) years.”

The rest of the group have to find out what this thing is by asking questions that can only be answered with a yes or no. They have 20 questions in which to guess the commitment. For instance:

“Is it something you do?”

“No.”

“Is it something you watch?”

“Yes.”

“Is it a sport?”

“Yes”

“Is it a football team?”

“No.”

“Is it a sport with teams?”

“Yes.”

“Is it a team that uses vehicles?”

“Yes”

“Is it a speedway team?”

“Yes.”

And so on.

The child who guesses correctly gets the next go. Play maybe 3 or 4 times so that the children think about commitment.

**The Point:**This activity raises the idea of commitment and asks the children to think about how committed they are to things.

**Build it High**

**Equipment**

Copious amounts of Lego, a prize, blindfolds for each child.

Divide the children into small groups of about 4 and give each group Lego. Display the prize and say that you will give it to the group that makes the tallest, strongest tower in a given time period. Ask the group to start working.

After a minute say that from now on children are only allowed to use one hand. You will need to police this rigorously – it may be an idea to have one person from each group watching the members of another group to make sure only one hand is used.

After a minute stop again and blindfold all the children. They can use 2 hands again but now they can’t see.

After another minute collect up all the Lego apart from what is built into the towers and put it in a central box. Still blindfolded, the children have to collect their Lego before building it into the towers. By now some children will be getting fed up so remind them about the prize!

Stop and judge the towers. Award the prize.

Ask the children how they felt when it was made harder for them to build their towers? Who felt like giving up?

Say that in life often we commit to things but find it hard going – problems come along and we want to give up. God wants us to persevere when things are tough! Say that all through our lives we will find things that are difficult and we have to decide to keep going with them!

**The Point:** To think about perseverance.

**Bible Study:**

**Equipment**

Bibles.

Read and discuss these passages in small groups:

2 Timothy 2:10-13

* Why does Paul say that he is happy to suffer?
* If we persevere with our Christian walk, what is the result we can look forward to?
* When we are feeling weak, how can Jesus help us to persevere in our faith?
* Are you prepared to persevere with your faith even if it means suffering? Does this passage help at all?

John 15:4-8

* Have you seen a vine grow? If not, have you seen a fruit tree? How does the fruit grow?
* What use is a branch if it falls off the tree?
* What does Jesus means when He says that we are like branches on a vine ?
* How can we “live in Jesus”? What does that actually mean?
* If we are “close” to Jesus, does that help us to persevere in hard times?

Philippians 3:12-14

Paul made a commitment to God and spent the rest of his life serving Him.

* Paul says he is working on learning to be what Jesus wants him to be. What do you think he means by that?
* Do you think persevering means trying to keep believing in God, or does it mean letting God change you? How might God want us to change?
* What helped Paul to persevere with God? Where did he focus his attention?
* When we make a commitment to God, we are also making a commitment to live in a way that pleases Him. What do you think you might need to change in the way that you live so that you can be more like Jesus?
* Is it worth persevering with Christianity? Why?

**The Point:**These passages all show that Christianity is a continuing commitment that carries on, it is a decision to make and a battle to fight every day!

**Application:**

PE with Joe!

Like Joe who is committed to a physical workout each day to stay healthy and strong, we need to be committed to a “Spiritual Workout” each day to become strong in our Christian walk. If you haven’t seen PE with Joe you might like to show a clip. His workout starts with a “Warm Up” then the exercises and then finally a “Warm Down”.

You might like to think of ideas with your child/children about what a “Spiritual Workout might look like

Eg... Warm Up – Worship Song

Exercises – Bible Reading

Warm Down – Praying thru what has been read/learnt

Whatever ideas you come up with together, it would be great to commit to doing this “Workout” REGULARLY ☺

**Activity:**

Part of building up our Spiritual Fitness is to memorize God’s Word. The memory verse for this week is taken from ***Philippians 3 verse 14***

***“I press on toward the goal to win the prize for which God has called me.”***

**Finally:**

It would be great if the children could memorize this verse. They could make up some actions to help with that.

They may want to send a video of themselves doing this to Alison or they may like to do a poster etc (a photo of which could also be sent to Alison to be put onto the Church’s Private Facebook page).