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

Bottom Line

Practice living for God.

Activity

Banking on It

What You Need:

Bucket, bin, or empty trash can; several coins of varying denominations; masking tape; scratch paper and pen

What You Do:

Set the bucket in the center of the room. Take a few steps away from the bucket and create a line on the floor using the masking tape. (You'll stand behind this line when you toss your coins into the bucket, so adjust the spacing according to your kids' ages/ability.)

Tell your child that you're going to play a game. Hand them half the coins, and you keep the other half. (Or divide the coins evenly among everyone, if you're playing with more than one child.) Take turns tossing the coins into the bucket. Before you toss, take note of how much each coin is worth. Using the scratch paper, keep a tally of how much money each of you "bank" by landing the coins in the bucket.

While you're playing, say, "In our story today, who also had coins? (*The widow.*) How many did she have? (*Two.*) How many did she give? (*Two.*) Do you think she gave a lot?" (*She gave all she had.*)

Talk About the Bible Story

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)

Do you think the disciples were surprised when Jesus said that the widow gave more? Why? (Because she only gave two coins, but the rich people gave so much money.)

What did Jesus see that other people couldn't see? (He saw the widow's heart; He saw that she was living for God.)

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."