

Theme

5K: Run the race

Commitment is making a plan and putting it into practice.



REMEMBER THIS

“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

Week One

Training to Win the Prize
1 Corinthians 9:24-25

Say This

Keep practicing what matters most.

Do This



Morning Time

Write something each family member would like to commit to for the month of June. Place it where everyone will see it daily. It could be taking a walk as a family more often or no technology days. Whatever it may be, make a plan and write the verse of the month next to your goals.



The better you know your kid, the greater your influence.

