

Theme

# 5K: Run the race

Commitment is making a plan and putting it into practice.



Week Four

**Peter Says That Jesus  
Is the Messiah**  
Matthew 16:13-20

**Say This**

Practice talking about God.

**Do This**

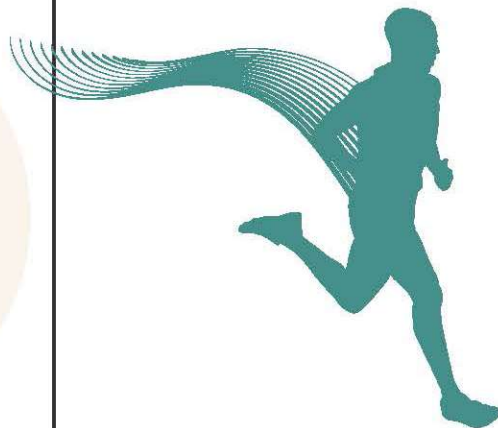


**Drive Time**

Talking about the things we love can be easy but it can take practice. While you're commuting, practice talking about God. Tell each other stories you've read or heard about Him, talk about the questions you would ask, or talk about the things you are grateful for about Him. Whatever it may be, start talking.

**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



# Don't waste your time being sad as each phase passes. Instead, celebrate where they've been, and cast vision for where they're going.

— Kevin Ragsdale

