

MAY
2021

Preteen

WEEKLY CUES

YOU GOT
THIS!

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

Ask This

How does practice help you?

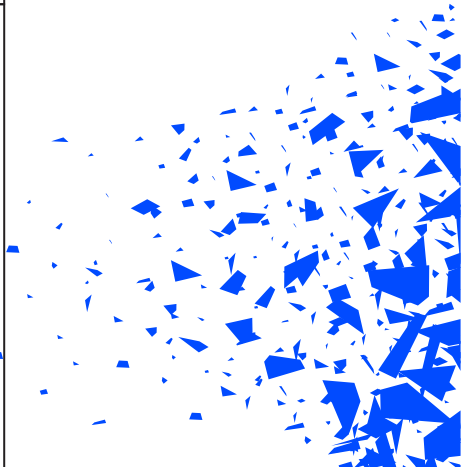
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## Do This



## Morning Time

**W**rite 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.**

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