

MAY
2021

Preteen
WEEKLY CUES

YOU GOT
THIS!

Theme

5K: Run the race

Commitment is making a plan and putting it into practice.



Week One

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

Ask This

How does practice help you?
~~~~~

### Do This

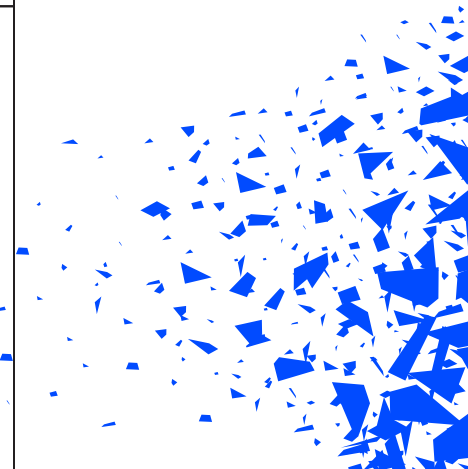


#### Morning Time

**W**rite something each family member would like to commit to for the month of May. 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.

**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



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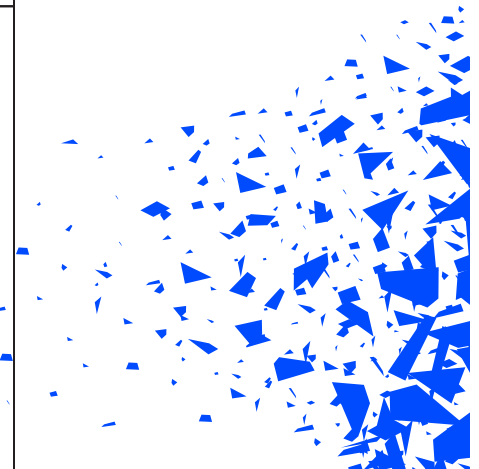


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