



# COMMITMENT

MAKING A PLAN AND  
PUTTING IT INTO PRACTICE



## READ ROMANS 1:12

## DAY 1

It's been said that the most powerful words in the English language are "me too." Knowing that you're not alone is so comforting, and it's also true when it comes to talking about God. When you can share your questions, doubts, praises, and just the really cool things you've seen God do in your life, it encourages others. And hearing that others sometimes don't understand something about God can help you feel free to share your own questions.

If you were to get to sit down with God, face to face, today and ask Him any question you have, what would it be? \_\_\_\_\_

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Now, go share that with your mom or dad, sibling or friend. Ask them what they would ask God too!

**LISTEN** to what others have to say about God and share your own thoughts as well.

## READ PROVERBS 22:17-18

## DAY 2

**"YOU CAN PICK YOUR FRIENDS.  
YOU CAN PICK YOUR NOSE.  
YOU CAN'T PICK YOUR FRIEND'S NOSE."**

You won't read that in Proverbs, but it's definitely a nugget of wisdom. And taking care to choose your friends—especially the ones who you listen to for advice, is one of the most important things you can do. While we should be kind to everyone, it's wise to spend time with friends with whom you can talk about God and what He wants you to do. And you should be that kind of friend for others too. Think about the five people you spend the most time with. Are they wise friends who encourage you to make wise decisions? If not, take some time to talk with your mom or dad today about how you can surround yourself with wise friends.

**ASK** God to help you make wise choices and pick wise friends.

## **READ PSALM 96:3**

## **DAY 3**

What are some of the great things God has done in your life? What are some of the gifts and blessings He has given you? Grab a sheet of paper and cut out several strips. Write on each one something wonderful that God has done for you. Stick those strips somewhere you can see them each day like on your bathroom mirror, the refrigerator, or your school folder. Throughout your day, as you are reminded of those great things God has done, try to share them with others. As you make your way through the list, turn each strip over as you share it with someone, until all of the strips are turned over.

**KNOW** that talking to others about God gets easier with practice!

## **READ 1 PETER 3:15**

## **DAY 4**

Stand up, walk to the middle of the room, and get ready to fall down backward. **BUT WAIT!** Don't do it. Instead, sit on your bed and fall back on your pillow. Much better, right?

When you talk about God, you're not only encouraging people who believe in Him, but you also might open the door for people who don't believe in God to ask you questions. Sometimes all it takes is being a soft place for someone to land for them to open up and ask you questions about God. If your friends know that they can be open and honest with you, without feeling like you're going to laugh at them, they're much more likely to talk to you about what's going on in their lives. You can be like that pillow for them, to comfort them with the truth that God loves them.

**KNOW** that talking about God can be hard for some people, so be patient and kind.

