

COMMITMENT



WEEK **2**

MAKING A PLAN AND PUTTING IT INTO PRACTICE

MEMORY VERSE | 1 Timothy 4:8

FOOD for THOUGHT :

In 2016, Ella Mae Colbert set a new world record for running the 100-meter dash. This was big news because Ms. Colbert was 100 years old when she set the record! When Ms. Colbert first started her run that day, she fell, but she got back up and tried again, and sure enough—she smashed the previous record. This was no surprise to any of her friends and family, because Ms. Colbert has been running since she was in high school, and she credits her three-mile runs with keeping her active and healthy all these years.

What is something you want to accomplish in your life that will take commitment and practice? What can you do this week to get you closer to your goal? What about your relationship with God — what can you be practicing this week that will help you get closer to God?

**Just for
FUN!**

Watch Ms. Colbert set the record!
<http://bit.ly/2wlZS2s>

