

Family Special Time
Sailing the Seven C's—The "C" of
Commitment

Don't Quit

You will need
No items are needed.

SAY: Today we have a challenge for you. We are going to count how many times you can jump up and down in 3 minutes. Ready...Get Set...Go!

ASK: Did you ever feel like giving up? When? Why did you feel this way? Do you think you could have gone for 10 minutes? What about a whole day?

SAY: There are people in the Bible that could have quit. They were following God, but it's not always easy to follow God. It's not always easy to do what's right when everyone else is doing what's wrong.

Big Questions

ASK: What do you think would have happened if Noah had quit building the Ark? What would have happened when the flood came?

ASK: What would have happened if Moses would have quit? Who would have brought the Israelites out of Egypt and been given the Ten Commandments?

ASK: What if Jesus had quit on the cross? How could any of us go to heaven or be forgiven?

POINT: These people didn't quit because they were committed to following God.

Can you think of anything that might happen that might make you want to quit following Jesus?

SAY: Never quit following Jesus. It won't always be easy, but you'll never regret having Jesus as the Lord of your life and doing what He wants.

Read 1 Corinthians 15:58 from your Bible and talk about what it means.

PRAY and ask God to help you to always follow Him, no matter what the cost.