

## Commitment MAY 2021



### SAY IT:

Commitment means making a plan and putting it into practice.

### KNOW IT:

#### ASK A KID:

- Think about the upcoming summer break. While you are looking forward to vacations, camps, etc., what are some things that you need to commit to work on or practice this summer?
- Set out to create a solid plan so that you can stay committed to your goals and be successful. What might your plan include?

#### ASK A GROWN UP:

- What were some goals that you had when you were a child? What did the plan look like to achieve those goals?
- Now, share a goal that you are committed to now that you are an adult. Explain the ways that you are working toward achieving this goal and how you're committed to this plan.

### SEE IT:

As a family view this link on YouTube together this month:

[https://www.youtube.com/watch?time\\_continue=28&v=bnChKlesAOc&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=28&v=bnChKlesAOc&feature=emb_logo).

This short clip showcases inspirational quotes from Bethany Hamilton. She is the inspiration for the movie *Soul Surfer*. She talks a lot about staying committed even when things get tough or you are afraid. Even though she went through a very scary experience, she uses her experience to inspire others.

### BE IT:

This month brainstorm with your family some situations that you are in or will be in at school, work, home, church, etc. that will require determination. Preferably discuss things that will require long term determination. Possible situations might be a major test coming up in school, a presentation that must be made at work, a big game next week, etc. Provide each other with support and love while everyone sets out to finish what they started.

## PHASE

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# Have you done the math?

**How many weeks do you have from now until your child graduates from high school?** You have about 36 less than when the school year started!

No matter their age, kids need a few things over time:

**LOVE** gives them a sense of worth. Knowing they are loved and seeing others love each other gives an example of what your kids will look for in future relationships.

**STORIES** about their past, their family, and their environment give them a bigger perspective.

**WORK** that is appropriate for them helps to give them purpose and significance.

**FUN** helps give them connections to others.

**GROUPS** or **TRIBES** (a team, a youth group, a cast, a class, etc.) give them a sense of belonging and fitting in.

**WORDS** that encourage, support, and correct give them direction.

**So don't miss it.** This school year may be over, but there is still time to incorporate love, stories, work, fun, tribes, and words in the time you have left.