



# MAKE IT STICK

5 Simple Ways You Can Make This Lesson Stick With your Kids

## Summer Games Lesson 1

### THIS WEEK'S LESSON: IN TRAINING



#### IN THE CAR:

Ask your child what they learned about this week on the drive home:

Athletes have to go into strict training – eating right and exercising often – to make it to the summer games. God gave Daniel and his friends wisdom to eat and act differently than the others in the king's court. . . and they were rewarded for it. Daniel 1, Daniel's Training in Babylon



#### HANGING OUT:

Make this week's lesson real:

Look up an athlete who is going to be in the Olympics with your kids, and see if you can discover what their diet/training regimen is. Ask your kids how they can "train" themselves to keep their soul fit like athletes keep their bodies fit.



#### AT DINNER:

Here are some great discussion starters:

- Why did Daniel want to eat different food than what the king offered?
- How did God reward Daniel for his faithfulness?
- Why is it important to feed our souls with prayer and the Bible?



#### AT BEDTIME:

Quiz your child on this week's memory verse:

*"I push myself forward toward the goal to win the prize. God has appointed me to win it. The heavenly prize is Christ Jesus himself." Philippians 3:14 (NIV)*



#### PARENT TIME:

What you need to know:

Olympic athletes spend a great deal of time eating right and exercising to get their bodies into shape. God wants us to pray and read the Bible so our spirits will be in fit shape to live for Him. Encourage your kids to take time each day to not only exercise their bodies, but spend time with God. If possible, why not do both together?