

Commitment - Making a plan to be like Jesus and putting it into practice.

DAY 1

Read Matthew 7:24 NIV

“So then, everyone who hears my words and puts them into practice is like a wise man. He builds his house on the rock.”

Jesus said a wise builder hears His words and puts them into practice. It's like building a house on solid rock, ready for any storm. But if we hear His words and don't do them, it's like building on sand, shaky, weak, and easy to knock down.

When you read the Bible, hear a story at church, or know the Holy Spirit is guiding you, you have two options: Hear & Do or Hear & Ignore. Hear & Do means listening carefully and then acting on what God says, showing kindness, telling the truth, and forgiving quickly. Hear & Ignore means walking away and doing nothing. Today, decide which builder you want to be. Ask God to help you hear His words and follow them.

Under the strong house write, “Hear & Do,” and under the sinking house write, “Hear & Ignore.”



DAY 2

Read John 10:27 NIV

“My sheep listen to my voice. I know them, and they follow me.”

Sheep learn a voice by staying close and listening often. That is how we learn to hear God, too. You can start practicing to hear from God each day. Start with the Bible. God's words on the page are His steady voice to you. Read a verse slowly and ask, “God, what are You showing me?”

You may not hear sentences, but God can give peace, courage, or a nudge to do what is right. Listen to people who follow Jesus. Parents, small group leaders, and friends who follow Jesus can help you notice what God is saying. Pay attention to the Holy Spirit. Inside, you may feel reminded to forgive, to tell the truth, or to help. Then do what you heard. Keep getting to know God, keep reading your Bible, and over time, you will start hearing God speak to you.

MEMORY VERSE:

“Training the body has some value. But being godly has value in every way. It promises help for the life you are now living and the life to come.”
1 Timothy 4:8 NIV

DAY 3

Read Proverbs 19:20 NIV

"Listen to advice and accept correction. In the end you will be counted among those who are wise."

One way God speaks is through people who follow Him. It might be a parent, small group leader, teacher, Pastor, or friend who loves Jesus. Sometimes you may not feel like listening, but God can use their words to guide you, warn you, or encourage you in ways you didn't expect. When you hear advice, pause and ask, "Does this match what the Bible says?" If it does, thank God for speaking to you through that person. The Holy Spirit often uses people's words to help us know the next step to take and give us courage to follow through.

You can also be someone God uses to speak to others. Share what you've learned about Him and encourage friends to follow His way.



DAY 4

Read James 1:22 NIV

"Don't just listen to the word. You fool yourselves if you do that. You must do what it says."

When we hear from God, He wants us to follow through. Listening without action is like hearing your coach call a play and then standing still on the field. James reminds us that real faith means doing what God says, not just knowing it. Obeying God shows that we trust Him. Even when it feels hard, God gives us courage and strength through the Holy Spirit. Each time we obey, it becomes easier to hear His voice and respond quickly the next time.

Follow-Through Chart

Grab a piece of paper and draw three columns: What God Says, What I Did, and the Date. This week, each time you feel God speaking, through the Bible, a leader, or your heart, write it in the first column. When you do it, fill in the second and add the date. At the end of the week, look back and celebrate how you practiced hearing and obeying.



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