

How do you practice commitment?

“I choose what is best and stick with it until the end.”

Joshua 24:15 (NIV):

“Choose for yourselves this day whom you will serve...

But as for me and my household, we will serve the Lord.”

FALL 2019 CT: 'I Am Committed' Senior Version

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How do you practice commitment?

"I c_____ w_____ i_ b_____ a_____
s_____ w_____ i_ u_____ t_____
e____."

Joshua 24:15 (NIV):

"C_____ f____ y_____ t_____
d_____ w_____ y_____ w_____ s_____
B_____ a_ f_____ m_ a_____ m_____
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Main Points Each Week:

[Week 1: September 9-14](#)

Lesson 1: My Life is Full of Important Choices

[Week 2: September 16-21](#)

Lesson 2: A Good Choice + Grit = A Good Reward

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Lesson 11: Commitments Should Focus on God's Will

[Emeth CLOSED Nov 27-30 \(Mon/Tue get 2 Wk 12's\)](#)

[Week 12: Nov 25- Dec 7](#)

Lesson 12: Commitments Keep Us Accountable So We Can Grow

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God's Truth: Joshua 24:15 (NIV):

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But as for me and my household, we will serve the Lord."

Week 1: September 9-14

Lesson 1: My Life is Full of Important Choices

1. Intro

- a. We are studying *Commitment* this season!
- b. We have a new Character Declaration! Memorizing our declaration can help you become a man or woman of true character by training your heart with true thoughts to think.
 - i. *Proverbs 4:23 "Guard your heart above all else, for it is the source of life." (HCSB)*
- c. God created each of you with a mission! I want to help you build the character you need to succeed in that life mission.
- d. Teach the new declaration.
- e. The Bible is God's words, his message to us. We're going to memorize this message from God this season: (*Teach the new bible verse and sign language.*)

2. Listen to Chapter 1 of "The Choice: Black or White"

3. Story Questions

- a. What would you choose to do if you were Giselle?
- b. What's a hard choice that you have had to make recently?
 - i. *Which friend to hang out with; which sport to play;*
 - ii. *Coach example:* _____
- c. What do you do when you have a hard choice?
 - i. *Worry! ; Ask for help ; Change my mind every five minutes ; wish I could do both;*

4. Lesson Wrap Up

- a. Every day you make important choices. You need to put effort into thinking well about your choices, and then sticking with the choice you make.
- b. Commitment is like keeping a promise to yourself. "I decided to start this, so I will finish it."
Commitment is an important part of character.

Planning:

What is this week's main point in your own words? _____

How do you practice commitment?

"I choose what is best and stick with it until the end."

God's Truth: Joshua 24:15 (NIV):

"Choose for yourselves this day whom you will serve...
But as for me and my household, we will serve the Lord."

Week 2: September 16-21

Lesson 2: A Good Choice + Grit = A Good Reward

1. Review Story (Chapter 1)

- a. Giselle just started school after a summer full of awesome soccer camps. She excitedly tells her friend how her neighbor Ziggy has just offered to pay her \$1200 to take care of his dog, Bozo, while he works in Alaska for six months. Giselle is excited to use the money for a plane ticket to visit her aunt in Norway! In school, Mr. Craig announces his new "Denver Christian Academy traveling drama team"; and tells Giselle that she is invited to be one of only 8 students on the team. Giselle is speechless and excited; she loves theater! Then she remembers Bozo. Oh no!

2. What is Commitment?

- a. What is commitment? *Dedication, loyalty, faithfulness.*
- b. Good commitments involve two parts. They are in our declaration!
- c. If you divide our declaration in half, what do you get?
 - i. *A choice: "I choose what is best"*
 - ii. *Grit: "I stick with it until the end."*

3. Choices

- a. Every day you make many choices. (some studies say thousands!)
- b. The choices you make will define where you end up each day, month & year of your life! Just like driving a car; each time you make a turn or continue straight, you are deciding where you will end up.
- c. It is important to think carefully about where the choices you are making will take you.
- d. Here are just a few choices that will make a big difference in your life:
 - i. What kind of people will you choose to make your friends?
 - ii. How will you choose to spend your free time?
 - iii. What kind of words will you choose to speak and not speak?
 - iv. What will you choose to believe about God?

4. Grit.

- a. Grit is a name for 'sticking with it'. It is determination, toughness, courage, follow through.
- b. Why is it important to be able to "stick with it", once you have made a choice?
 - i. Who wins a race? The runner who chooses to start? Or the runner who chooses to stick with it until the end?
 - ii. Who will do better on a test? The student who chooses to start studying? Or the student who sticks with studying until they understand?

5. Application

- a. What is a good commitment you can make in class today?
 - i. *I will practice hard by taking as many turns as I can today, for the whole practice.*
 - ii. *I will speak kind, encouraging words today, on every station, all practice.*

6. Wrap Up

- a. People who stick with it (*have grit*) after making a good choice are the ones who will get the greatest rewards.

Planning:

How do you practice commitment?

"I choose what is best and stick with it until the end."

God's Truth: Joshua 24:15 (NIV):

"Choose for yourselves this day whom you will serve...
But as for me and my household, we will serve the Lord."

Week 3: September 23-28

Lesson 3: Seek Wisdom Before Making Important Decisions

1. Review Story (Chapter 1)

- a. Giselle just started school after a summer full of awesome soccer camps. She excitedly tells her friend how her neighbor Ziggy has just offered to pay her \$1200 to take care of his dog, Bozo, while he works in Alaska for six months. Giselle is excited to use the money for a plane ticket to visit her aunt in Norway! In school, Mr. Craig announces his new "Denver Christian Academy traveling drama team"; and tells Giselle that she is invited to be one of only 8 students on the team. Giselle is speechless and excited; she loves theater! Then she remembers Bozo. Oh no!

2. Listen to Chapter 2 of "The Choice: Black or White"

3. Story Questions

- a. Giselle wishes she could earn the \$1200 AND join the drama team! She feels overwhelmed.
- b. What does Giselle's Dad tell her about feelings?
 - i. *Feelings alone will never help you make good decisions. Feelings are like being inside a dream. You don't let a dream decide how you'll spend your day.*
- c. What does Giselle's mom remind her about what the Bible says?
 - i. *God says to "Seek His will in all you do, and He will show you which path to take."*
- d. What does Giselle do to think through her choice?
 - i. *Asks for help from her teacher and parents!*
 - ii. *Thinks carefully about her different options;*
 - iii. *asks what God wants her to do*

4. Application

- a. What is one choice that you need help with right now?
- b. Who is an older or wiser person you can ask for help (now or the next time you have a hard choice)?

5. Lesson Wrap Up

- a. It's a good idea to ask other older and wiser people for help with hard choices.
- b. Practice asking for help, especially from people who know God better than you.
- c. You can always ask God for help! He will always listen when you seriously ask for his help.

Planning:

What is this week's main point in your own words? _____

Commitment in my students looks like: _____

How do you practice commitment?

"I choose what is best and stick with it until the end."

God's Truth: Joshua 24:15 (NIV):

"Choose for yourselves this day whom you will serve...
But as for me and my household, we will serve the Lord."

Week 4: September 30 - October 5

Lesson 4: Right Choices Will Include Serving God

1. Review Story (Chapter 2)

- a. Giselle wishes she could join the drama team AND earn \$1200 helping Ziggy with Bozo. Mr. Craig reminds her, "you can only be in one place at a time!" Giselle struggles with her decision as she talks it through with her parents. They help her step back from her feelings, think carefully about the choice, and ask "what does God think?" Giselle's dad challenges her. *"Either choice will require a commitment from you. A commitment is an agreement with yourself to do what you said you would do to the best of your ability until it's over. Don't commit to something unless you intend to finish it."*

2. What does our verse from God's Word teach us?

- a. Each of us must make our own decision as to whether we will serve the Lord or not.
- b. There *will* come **A DAY** when you **MUST** make that choice.
- c. If you choose to serve the Lord, your choice will affect others in your family.

3. Application

- a. Our verse says, "Choose for yourselves *this* day whom you will serve..."
- b. **Every** day you will have the chance to think about who you are serving when you make choices: God or yourself.
 - i. If you wake up grumpy in the morning, who are you serving? (*self*)
 - ii. What choice can you make first thing in the morning that would be serving God? (*be pleasant even if you don't feel like it!*)
 - iii. What choices can you make if your mom serves you a meal you don't really like? (*I can choose to serve myself and complain, OR choose to serve God and say thank you and be glad I have food to eat!*)

4. Wrap Up

- a. Making decisions can be hard! To help choose what is best, ask these questions:
 - i. "How am I serving God?"
 - ii. "What would please God most?"
- b. You will find that some decisions become very clear when asking these questions!

Planning:

What is this week's main point in your own words? _____

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"Choose for yourselves this day whom you will serve...
But as for me and my household, we will serve the Lord."

Week 5: October 7-12

Lesson 5: Good Decision-Making Keeps the End in Mind

1. Review Story (Chapter 2)

- a. Giselle wishes she could join the drama team AND earn \$1200 helping Ziggy with Bozo. Mr. Craig reminds her, "you can only be in one place at a time!" Giselle struggles with her decision as she talks it through with her parents. They help her step back from her feelings, think carefully about the choice, and ask "what does God think?" Giselle's dad challenges her. *"Either choice will require a commitment from you. A commitment is an agreement with yourself to do what you said you would do to the best of your ability until it's over. Don't commit to something unless you intend to finish it."*

2. Listen to Chapter 3 of "The Choice: Black or White"

3. Story Questions

- a. Why does Giselle choose to join the drama team even though it would be much easier to take care of Bozo?
 - i. *She saw kids who lived in terrible conditions experience joy when the youth group sang about God's love and wants to bring joy to kids like that too.*
- b. How did Giselle feel when Ziggy's smile faded?
 - i. *She began to wonder if she had made the right choice.*
- c. Why did Mr. Craig explain to the drama team what was expected of them at the first meeting?
 - i. *So they would know exactly what they were committing to.*
 - ii. *So they could choose to pull out if they did not want to do what he was asking them to do.*

4. Application

- a. What will happen if you always choose to do the easy conditioning exercises or the easy gymnastic skills instead of the hard ones?
 - i. *You'll never get stronger.*
 - ii. *You'll never be able to do all the cool skills you see the upper level gymnasts do.*
- b. What should you think about when your coach asks you to do more conditioning or to practice a skill several more times?
 - i. *"I really want to be able to do a _____, so I'm going to do this extra work."*

5. Lesson Wrap Up

- a. Don't be too quick to always choose what is easy! Ask yourself questions like, "Will I be a smarter person if I make this choice?" "A stronger person?" "A kinder, more caring person?" Many times you must choose what is harder if you want to become a better person!

Planning:

What is this week's main point in your own words? _____

How do you practice commitment?

"I choose what is best and stick with it until the end."

God's Truth: Joshua 24:15 (NIV):

"Choose for yourselves this day whom you will serve...
But as for me and my household, we will serve the Lord."

Week 6: October 14-19

Lesson 6: Best Choices Are Backed with Good Reasons

1. Review Story (Chapter 3)

- a. Giselle visits Ziggy to tell him she has decided not to take his job watching Bozo because she is joining the drama team. He is disappointed, but listens as she explains that she asked God for help with the choice, saw a video of her church's youth group going to Nicaragua to tell other kids how much God loves them, and decided she wants to join the drama team to share the message of God's love too. Giselle's dad praises her for a well thought out choice.

2. You must be convinced that you have made the best choice possible if you are going to stick with a commitment.

- a. What happened to Ziggy when Giselle began to tell him about her decision?
 - i. *His smile began to fade, showing his disappointment.*
- b. Giselle had good, solid reasons for choosing the drama team and was able to clearly explain why she made her decision.
- c. When she saw Ziggy stop smiling, what *could* have happened if she had not thought enough or prayed enough before making her decision?
 - i. *She may have felt bad for Ziggy and changed her mind.*
 - ii. *Ziggy was impressed that Giselle wanted to help others know God. Her answer caused him to think about God, too, which is always a good thing! She would have missed the chance to bring God into his thoughts.*
- d. When an important person in your life agrees that you made a good choice, you can feel more confident that your decision was the best one and you will be more likely to stick with it.

3. Application

- a. Putting *a lot* of effort into making the best choice will help you stick with the commitment you made even when it gets hard. Name at least three things you should do before you make hard decisions.
 - i. *Pray, read the Bible, ask parents for advice, think about how you can be changed for the better, think about how others will be affected by your decision.*
- b. After you make a decision, talk with an older wiser person and ask them what they think.
 - i. Keep your good reasons for your choice in mind so they are ready when things get tough!

4. Lesson Wrap Up

- a. Best choices will have good, solid reasons to back them up. When you know you have good reasons for making a decision, you will be more likely to stick with your decision and will receive the good things and rewards that come with that commitment.

Planning:

What is this week's main point in your own words? _____

How do you practice commitment?

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God's Truth: Joshua 24:15 (NIV):

"Choose for yourselves this day whom you will serve...
But as for me and my household, we will serve the Lord."

Week 7: October 21-26

Lesson 7: Sticking with Commitments Causes Us to Grow

1. Review Story (Chapter 3)

- a. Giselle visits Ziggy to tell him she has decided not to take his job watching Bozo because she is joining the drama team. He is disappointed, but listens as she explains that she asked God for help with the choice, saw a video of her church's youth group going to Nicaragua to tell other kids how much God loves them, and decided she wants to join the drama team to share the message of God's love too. Giselle's dad praises her for a well thought out choice.

2. Listen to Chapter 4 of "The Choice: Black or White"

3. Story Questions

- a. When Giselle wants to skip practice because she's tired, what does her mom say?
 - i. *The first play is only three weeks away;*
 - ii. *she has worked very hard to get ready for it;*
 - iii. *the audience needs to hear about God's love.*
- b. Why can't Giselle tell the team why she loves God?
 - i. *She realizes she doesn't know what it means to love Him.*
- c. What would have happened if Giselle had skipped practice today?
 - i. *At practice, she was faced with a question that may not have been asked until she was on stage in front of **hundreds** of people who were waiting for an answer!*
- d. What does Anna tell Giselle after practice that makes her feel better?
 - i. *"Following Jesus is a big commitment. It's good you're thinking about it."*

4. Application

- a. To **think** you love God and to **know** you love God are very different. If you are like Giselle and not sure what it means to love God, do what Mr. Craig suggested:
 - i. Draw near to God by praying daily - which is talking to Him.
 1. We can talk to God just like another person, even though we can't see him with our eyes right now.
 - ii. Obey the things He tells you to do which you will find by reading the Bible.
 1. Try reading the gospel of John, which tells about Jesus.

5. Lesson Wrap Up

- a. There are many questions in life that are hard to think about. Giselle is a good example of admitting she does not have an answer, but is committed to put the effort into finding one. Make yourself think about hard questions! By finding answers you will grow and become a much better person.

Planning:

What is this week's main point in your own words? _____

How do you practice commitment?

"I choose what is best and stick with it until the end."

God's Truth: Joshua 24:15 (NIV):

*"Choose for yourselves this day whom you will serve...
But as for me and my household, we will serve the Lord."*

Week 8: October 28 - November 2

Lesson 8: Carry Out All Commitments with Excellence

1. Review Story (Chapter 4)

- a. Giselle is very tired and wants to skip practice. Her mom tells her their first performance is in three weeks for a crowd of very poor people. Giselle recalls the faces of the poor children in Nicaragua and changes her mind. During practice, she is surprised to discover she does not know what it means to love God. Mr. Craig and Anna encourage her to seek Him. The first performance powerfully presents God's love, leaving both the audience and the drama team in awe.

2. When you decide to make a commitment, you also decide to do your best until it is finished.

- a. The Bible tells us how we need to think about the commitments we make in Colossians 3:23:
"In all the work you are doing, work the best you can. Work as if you were doing it for the Lord, not for people."
 - i. What work should we be doing our best in?
(ALL our work! When we practice here in the gym, clean our room, take care of pets...)
 - ii. Giselle wants to skip practice. What does this verse tell us that she needs to remember?
(She is doing it for the Lord - not herself, Mr. Craig, or her team.)
- b. The Bible also tells us what to expect if we do our best in all our work in Colossians 3:24:
"Remember that you will receive your reward from the Lord, which He promised to His people. You are serving the Lord Christ."
 - i. Who is going to receive a reward from the Lord?
(HIS people - those who have chosen to serve the Lord and done their best for Him.)

3. Application

How committed are you to learning a new skill? Test yourself today!

- Will you work hard even if your coach is not looking?
- Will you try to take as many turns as possible or only do a couple then quit?
- Will you try your best to do the skill correctly or be sloppy?

If you are working hard all the time and trying your best to do the skill correctly, you are truly committed!

4. Lesson Wrap Up

- a. God sees ALL you do and knows ALL your thoughts! When you try to do your best to keep your commitments, you are pleasing Him and He will reward you in special ways!

Planning:

What is this week's main point in your own words? _____

How do you practice commitment?

"I choose what is best and stick with it until the end."

God's Truth: Joshua 24:15 (NIV):

"Choose for yourselves this day whom you will serve...
But as for me and my household, we will serve the Lord."

Week 9: November 4-9

Lesson 9: Sticking with Commitments Brings Meaning to My Life

1. Review Story (Chapter 4)

- a. Giselle is very tired and wants to skip practice. Her mom tells her their first performance is in three weeks for a crowd of very poor people. Giselle recalls the faces of the poor children in Nicaragua and changes her mind. During practice, she is surprised to discover she does not know what it means to love God. Mr. Craig and Anna encourage her to seek Him. The first performance powerfully presents God's love, leaving both the audience and the drama team in awe.

2. Listen to Chapter 5 of "The Choice: Black or White"

3. Story Questions

- a. Why is Giselle so quiet on the way home?
 - i. *She doesn't understand why someone who was so good would give up their life for someone who was so bad.*
- b. Giselle gets angry and wishes she had chosen dog-sitting. What does Mr. Craig tell the girls after Giselle yells at Claire?
 - i. *"You knew it would not be all fun and games." And, "Get your thoughts off yourselves, and focus on what you'll say to the kids after the show."*
- c. What is the answer Giselle is talking about when she runs up to Mr. Craig after the show?
 - i. *She now knows why she loves God because she experiences the love of God herself when she takes off the black jacket of sin and is given a white jacket of forgiveness.*

4. Application

- a. You may feel like quitting because something is very hard right now: learning a new skill here, or trying to get a better grade in school, or sticking to a diet, or keeping a good attitude. Stay with it! You may be very close to achieving your goal, so don't give up!

5. Lesson Wrap Up

- a. Giselle had **thought** she loved God until she was asked to tell why. She continued to ask hard questions and think about the answers and now she **knows** she loves Him. How do you think she feels? (*super excited and happy!*) Be like Giselle - don't give up!

Planning:

What is this week's main point in your own words? _____

How do you practice commitment?

"I choose what is best and stick with it until the end."

God's Truth: Joshua 24:15 (NIV):

"Choose for yourselves this day whom you will serve...
But as for me and my household, we will serve the Lord."

Week 10: November 11-16

Lesson 10: Good Rewards Await Hard-Working Commitment-Keepers

1. Review Story (Chapter 5)

- a. The 12 hour bus ride to Arizona is miserable and Giselle loses her temper with Claire. She wishes she had chosen dog-sitting instead of drama. Mr. Craig reminds her why she chose the team and to focus on the performance, not her own temporary misery. Once on stage, Giselle feels and smells the poverty in the audience. During the performance, she experiences the love of God herself when she takes off the black jacket of sin and is given a white jacket of forgiveness. She now knows why she loves God!

2. Rewards are NOT for everyone!

- a. If Giselle really wants to know what it means to love God, is it enough to just say, "I want to know God"? (No!)
- b. What will she have to do if she wants to know what it means to love God?
 - i. *Draw near to Him by reading the Bible and praying.*
 - ii. *Obedying the teachings of the Bible as she learns what it says.*
- c. Proverbs 8:23 says, "I love those who love me; And those who **diligently** seek me will find me."
 - i. Who will be able to find God?
(Those who **diligently** seek Him.)
 - ii. What does it mean to be diligent?
(Hard-working, persevering, not giving up easily)
- d. Do you think Giselle has been diligent about finding an answer to what it means to love God?
 - i. Yes. *She is still asking hard questions like, "Why would someone who was so good ever give up their life for someone who was so bad?"*
- e. God's rewards are very different than the rewards people can give us. What was the reward God gave to Giselle?
 - i. *He let her understand the meaning of the black jacket, her sin, being traded for the white jacket: she had been forgiven! God let her FEEL clean on the inside and like a new person. She was full of joy!*

3. Application

- a. What can you do if you want to learn what it means to love God?
 - i. Be diligent to read the Bible, pray, and tell God you want to know Him. Then obey what the Bible says.

4. Lesson Wrap up

- a. After you have thought and prayed hard about making a commitment, you must now work hard to complete it. Rewards are for the diligent - not the lazy!

Planning:

What is this week's main point in your own words? _____

How do you practice commitment?

"I choose what is best and stick with it until the end."

God's Truth: Joshua 24:15 (NIV):

"Choose for yourselves this day whom you will serve...
But as for me and my household, we will serve the Lord."

Week 11: November 18-23 Emeth CLOSED Nov 27-30

Lesson 11: Commitments Should Focus on God's Will

1. Review Story (Chapter 5)

- a. The 12 hour bus ride to Arizona is miserable and Giselle loses her temper with Claire. She wishes she had chosen dog-sitting instead of drama. Mr. Craig reminds her why she chose the team and to focus on the performance, not her own temporary misery. Once on stage, Giselle feels and smells the poverty in the audience. During the performance, she experiences the love of God herself when she takes off the black jacket of sin and is given a white jacket of forgiveness. She now knows why she loves God!

2. Listen to Chapter 6 of "The Choice: Black or White"

3. Story Questions

- a. Why is Giselle discouraged?
 - i. *She has not had one person come up to her after a show and ask her why she loves God.*
- b. What is Giselle so excited about in this chapter?
 - i. *Coach Dan has invited her to play a soccer game. She loves soccer and gets permission from Mr. Craig to play.*
- c. Giselle tries to construct a lie so she can go play soccer but knows she will become a *real* liar, not just a *pretend* liar if she does so. Why does she decide to go with the drama team?
 - i. *She remembered why she chose to be on the team: "I want to tell kids how much God loves them."*
- d. What happens after the last performance?
 - i. *Giselle gets to tell a young teen girl about the love of God.*

4. Application

- a. This is now the third time Giselle *almost* misses out on a good thing because she was considering not following through with her commitment.
 - i. Considers skipping practice, but then begins a search to discover what it means to love God
 - ii. Wishes she had chosen dog-sitting, but then learns why she loves God
 - iii. Considers lying so she can play soccer, but then gets the chance to tell a teen about God's love
- b. Is there something you feel like quitting right now? What will you lose out on if you stop trying?

5. Lesson Wrap Up

- a. In the beginning of our story, Giselle sought God's will about what she should choose and is now a changed person. She truly loves God, knows she has eternal life, has felt the suffering of others and experienced the joy of bringing God's love to others.

Planning:

What is this week's main point in your own words? _____

How do you practice commitment?

"I choose what is best and stick with it until the end."

God's Truth: Joshua 24:15 (NIV):

"Choose for yourselves this day whom you will serve...
But as for me and my household, we will serve the Lord."

Week 12: November 25- December 7 (Mon/Tue get 2 Wk 12's) Emeth CLOSED Nov 27-30

Lesson 12: Commitments Keep Us Accountable So We Can Grow

1. Review Story (Chapter 6)

2. Giselle is discouraged. No one has asked her why she loves God after any performances. Mr. Craig gave her permission to play a preseason soccer game, but just as she was about to leave, he called and left a message that he needed her because Lucy had broken her ankle. Giselle was furious and began to construct lies for excuses, but realized she would be a *real* liar instead of just acting the part of a liar. She goes with the drama team and gets her first - and only - chance to explain why she loves God to a young teen.

3. When I make a commitment, I am inviting others to make sure I carry it out.

- a. Most commitments involve other people, not just ourselves. When Giselle committed to be on the drama team, who was going to be watching her actions?
 - i. *Mr. Craig, the other team members, her parents.*
- b. These other people helped her stay accountable. What does it mean to be accountable?
 - i. *Being accountable means you have to give reasons to other people as to why you did or did not do something.*
- c. Why is it important to have people to keep us accountable?
 - i. *They encourage us and sometimes even make us do what is necessary to complete our commitment.*
 - ii. *They remind us why we made the commitment so we don't get lazy or distracted.*
- d. When Giselle was struggling about whether to lie or not, who appeared in her mind that helped her make the right choice?
 - i. *Her teammate, Ben, giving her a white jacket and Mr. Craig, rejoicing when she learned what it meant to love God.*

4. When we make a commitment to love and serve God, we become accountable to Him, and He helps us carry out all of our other commitments.

- a. When we have asked God to help us choose what we should commit to doing, He will speak to us just like He did to Giselle so we can continue to stick with our decision until the end. How did God speak to Giselle when she was about to tell a lie?
 - i. *An inner voice spoke to her, telling her she would become a **real** liar if she went to the soccer game.*
- b. When you hear that inner voice tell you that something is right or wrong, it is probably God talking to you! If you are not sure, talk to your parents or an older, wiser person to be sure. It could keep you out of trouble!

3. Application

- a. Who can keep you accountable in the gym if you have made a commitment to learn a new skill?
- b. Who can keep you accountable if you made a commitment to take care of a pet?
- c. Who can keep you accountable if you made a commitment to read the Bible and pray every day? (*parents, Sunday school teacher, good friend*)

4. Lesson Wrap Up

- a. Giselle is a better person after finishing her commitment. She could not have made it through without others who kept her accountable. If you are making a serious commitment, be sure to ask God and invite others to help you carry it out.