



2023 - 2024 Timbits and Novice Divisions

Week 1

Theme: TEAMWORK

What to say:

Hockey is a sport that we play with other people.

Can you imagine trying to play hockey all by ourselves? Imagine being the only one on the team. It might be fun for a while. But soon, it would get boring.

When we play, we play *together*. When we win, we win *together*. When we lose, we lose *together*.

We're all a part of a team. And everyone on the team matters.

The Bible is God's message to us. In Ephesians 4:16 Paul said this: "From [Christ] the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work."

In the church, everyone has a role to play. Everyone has work to do. Everyone matters.

That's like hockey. Look around at each other. Everyone has a role to play. Everyone has work to do. Everyone matters.

Let's pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Thank you that we get to play hockey together as a team. Thank you for everyone in this room. Thank you for our families and friends who bring us here each week. Keep us safe. Help us to do our best as a team. Remind us that we all matter. In Jesus' name we pray, Amen.

Week 2

Theme: CHEERING EACH OTHER ON

What to say:

The Bible is God's message to us.

In the Bible a man named Paul said that Christians should do certain things while waiting for Jesus to come back. In 1 Thessalonians 5:11 he said: "encourage one another and build each other up, just as in fact you are doing."

When we play hockey, it's important to *encourage one another*.

What are some things you could say that would encourage your teammates? [Ask for examples. If they have trouble coming up with ideas, have a few suggestions ready.]

Those are great ideas. When someone encourages you and cheers you on, it makes you feel good and helps you to keep doing your best.

- ***Practical suggestion:*** *Today on the ice, try to cheer on your teammates as much as possible.*

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Thank you for teammates. Help us to be good encouragers. Help us to cheer on our teammates. In Jesus' name we pray, Amen.

Week 3

Theme: WHAT YOU WEAR IS IMPORTANT

What to say:

What might happen if you didn't wear a helmet or shin pads? [Take answers; if possible, hold up a helmet or shin pad as a prop.]

I think we would all agree that equipment is important.

Christians also have equipment. Most of it is invisible, but it is even more important than our hockey equipment.

The Bible is God's message to us. It's where we learn about everything that matters most. In Ephesians 6:14-17 one of God's helpers named Paul describes the armour of God, which is a lot like equipment: "Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God."

God tells us that our equipment is truth, righteousness (which means living in a way that is right with God and others), the good news of peace in Christ, faith, salvation, and the word of God, which is the Bible.

When we live with this armour, we are ready for battle in the world against the Devil. Just how you need equipment in hockey to give you protection and strength, so you need God's armour for your life.

- **Practical suggestion:** *Make sure your home has a Bible. If you don't already do so, suggest reading it together.*

Let's pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We praise and thank you for your truth, righteousness, good news of peace in Christ, faith, salvation, and word. Help us to trust and follow Christ, and to wear your armour. In Jesus' name we pray, Amen.

Week 4

Theme: RULES

What to say:

What are some of the rules in hockey? [Take answers.]

Why do we have rules? [Take answers. Some might be: to make it fair, to keep people safe, etc.]

Rules are everywhere. We have rules for hockey. You probably also have rules for your family or home as well like 'Tell the truth,' 'Do your best,' or 'Do your chores.'

God gives us rules as well. They are called commandments. The Bible is God's message to us. It's where we learn about everything that matters most. According to Jesus, here is the most important commandment from Mark 12:30-31: "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

Hockey has rules. Life has commandments. God loves us and wants the best for us. It's how we are supposed to live as his people. When we do, everything is better.

- **Practical Suggestion:** *Talk to your parents (or whoever you live with) about the greatest commandment. Then brainstorm ideas about how to live it out.*

Let's pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. As we play hockey today help us follow the rules. Even more importantly, help us learn and follow your commandments. In Jesus' name we pray, Amen.

Week 5

Theme: WORK HARD AND PRACTICE

What to say:

I want to start by telling you two things you've been doing really well over the past few weeks:

Thing one: _____

Thing two: _____

Why do you think you're doing well at those things? [Take answers.]

Yes, the reason you're doing well at those things is because you have been working hard and practising!

The Bible is God's message to us. Proverbs 6:6 says: "Go to the ant, you sluggard; consider its ways and be wise!"

This verse reminds us that ants work hard (even though they are very small). Each ant has a job to do and works hard. Did you know that an ant can carry ten to fifty times their own body weight. That's a lot! That would be like a person who weighs 100 pounds being able to carry between 1000 and 5000 pounds!

You might not be able to do that, but you can work hard and practice. When you do that, not only will you improve, but you will help your teammates too.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us work hard and practice no matter what position we play and no matter how long we have been praying. We want to do our best for you. In Jesus' name we pray, Amen.

Week 6

Theme: PLAY YOUR POSITION

What to say:

There are different positions in hockey like goalie, left defence or centre.

What would happen if everyone tried to play centre all the time, including the goalie? [Take answers.]

What would happen if everyone tried to play defence all the time, including the forwards? [Take answers.]

You're right. It wouldn't go very well. Each position is important. It's also important that everyone try to play their own position. We all have to do our part. That is what helps the team.

The Bible is God's message to us. In 1 Corinthians 12:21 Paul describes the church and how everyone is important, even when they have different roles to play. He compares it to a body. He writes: "The eye cannot say to the hand, 'I don't need you!' And the head cannot say to the feet, 'I don't need you!'"

It's a funny way to say it, but it's true. Just like all your body parts are important for your body, and just how all the different people are important in the church, so are all the different positions in hockey important to the team.

Just think of scoring a goal. Yes, there is the person who took the shot, but there is also the person who passed it to them, the defence-man who made a good move before that, the goalie in your own end who blocked a shot before that, the coach who gave instructions before that, and the people who tied your skates before that!

Today, play your positions well. We all contribute to the team in important ways.

Let's pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Thank you for giving us different strengths and talents. Help us to contribute to our churches and families. And help us play our positions well today in hockey. In Jesus' name we pray, Amen.

Week 7

Theme: FOCUS

What to say:

When we're playing hockey there are a lot things to focus on -- the puck, the players, our position, the rules, and what your Coach is saying. It can sometimes be confusing!

That's why we need to stay focused.

The Bible is God's message to us. Hebrews 12:1-2 explains how we should stay focused in life as well: "And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."

When you "fix your eyes" on something you are paying attention to it. You're not letting yourself be distracted.

How do we fix our eyes on Jesus? We do this by believing in him, learning his teachings, doing what he says, reading the Bible, praying, going to church, and serving others.

Let's pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. As we play hockey, help us to stay focused. In life, keep us focused on who matters most, Jesus, and the choices he wants us to make. In his name we pray, Amen.

Week 8

Theme: PASSING & SHARING THE PUCK

What to say:

A very important part of hockey is passing the puck!

This gives us the opportunity to make plays and score goals.

When we pass the puck we are *sharing* the puck.

The Bible has a lot to say about sharing too.

The Bible is God's message to us. It's where we learn about everything that matters most. Paul was one of God's helpers. In 1 Timothy 6:18 he gave this instruction to other Christians: "Command them to do good, to be rich in good deeds, and to be generous and willing to share."

People who have received a lot should give a lot. If you belong to Christ, that's you! He has given you forgiveness, peace with God, and eternal life!

Since we have been given so much, we are quick to share with others.

- **Practical suggestion:** *Over the next month or two, sharing something meaningful with someone. Perhaps you can share something with someone who doesn't have a lot of money. Perhaps you could share some of your time with someone who needs a friend. Perhaps you will come up with another idea.*

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Thank you for everything you have given *to* us, and for everything you have done *for* us. Help us to share the puck on the ice, and to share what we have in life. In Jesus' name we pray, Amen.

Week 9

Theme: DRILLS - REPETITION IS KEY

What to say:

When we do drills over and over during practice, it helps us learn how to do certain things better.

Some Drills are more fun than others, right? You probably have your favourites, and not-so favourites.

But doing things over and over helps us improve.

The same is true for our faith. The Bible is God's message to us. It's where we learn about everything that matters most. In 1 Thessalonians 5:18 we are told to "pray continually." In other words, we don't just do it once and stop. We keep praying over and over. The same is true for reading the Bible, going to church, and serving others.

Repetition is important not only for drills in hockey, but for our faith. Not only does it help us grow, it keeps us focused on what matters most.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us improve at hockey, and help us to grow in our faith by learning about you and following you day by day. In Jesus' name we pray, Amen.

Week 10

Theme: LISTEN TO THE COACH - LISTEN TO GOD

What to say:

When you're playing hockey, it's important to listen to what the coach is telling you.

The coach has a game plan. If we follow his or her instructions, we will be better team mates and have a greater chance of success.

The Bible is God's message to us. It tells us that listening is essential. We should listen to God (Proverbs 3:5-6), to our parents (Ephesians 6:1), and to our pastors and church leaders (Hebrews 13:17; Ephesians 4:11).

Just like our coaches, all of them have important things to say to us which are good for us -- especially God! It's easy to think that we already have all the answers; but that isn't always true. God has put people in our lives to help and guide us.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us be good listeners -- to our coaches, to our parents, to our pastors and church leaders, and especially to you. In Jesus' name we pray, Amen.

Week 11

Theme: BE A GOOD SPORT

What to say:

In hockey, sometimes we win and sometimes we lose.

We all like to win. But that's not actually what matters most.

What matters most is that we tried our best.

Here is something else that is very important: HOW we played the game. Did we work as a team? Did we remember what we learned in practice? Did we listen to the coaches? Did we play fairly?

We want to play in a way which glorifies God regardless of whether we won or lost.

We can be jealous when other people win and we lose.

Being a good sport is being kind no matter what. But a sore loser makes fun of the other team, always blames the refs (even if they didn't do anything wrong), or keeps complaining when they lose.

That's why it's important to be a good sport in all situations.

The Bible is God's message to us. In it we learn about Paul. He had been beaten up, shipwrecked and starving for food. Despite all that he said: "I have learned to be content whatever the circumstances" (Philippians 4:11). Wow!

We can have the same attitude. We can be content no matter what happens--even if we lose a game, struggle in school, or are jealous--because we have Christ, just like Paul.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to play the game well and to be good sports no matter what. Teach us how to be content no matter our circumstances. In Jesus' name we pray, Amen.

Week 12

Theme: GUARDING THE NET

What to say:

In hockey, it is important to guard the net. That's the goalies main job. But everyone works together to help.

What would happen if no one guarded the net? [Take answers.]

You're right: you would lose, and probably lose badly!

The Bible is God's message to us. It's where we learn about everything that matters most. It teaches us that we need to guard... our mouths! We need to guard them from saying things that are hurtful, inappropriate, or disrespectful.

Ephesians 4:29 says: "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

Our words should build up other people (not tear them down). In fact, James 3:8 even says that our tongues can be like "deadly poison"!

Our words matter. Bad words hurt. Good words help. They help us make friends, show people we care, respect God, and bless others.

Just how we need to keep the puck out of the net, we need to keep negative talk out of our mouths.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to guard our mouths, and to use our words to build others up, not tear them down. In Jesus' name we pray, Amen.

Week 13

Theme: TIME - MAKE IT COUNT

What to say:

When we are on the ice, we have 50 minutes of ice time that time can go by very quickly.

That's why we have to use our time wisely. We need to make the most of our practice time, and to make each shift count during the game.

The Bible is God's message to us. In Ephesians 5:15-16 Paul says, "Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil." We are to make the most of every opportunity, not just when we're on the ice, but during our lives for God.

We are not making good use of our time when we refuse to forgive our brothers and sisters, or when we always complain about our parents, or when we are lazy, or when we don't do what is right.

God wants us to make the most of every opportunity--to be people who glorify him and serve others as the hands and feet of Jesus.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to make the most of every opportunity that you have given to us. Help us to glorify you and serve others no matter what we do. In Jesus' name we pray, Amen.

Week 14

Theme: KEEP YOUR SKATES SHARP

What to say:

It is important to keep our skates sharpened because sharp skates give us an edge when we are skating. If we don't have an edge we are going to keep falling down.

If you haven't gotten your skates sharpened in a while you will find yourself falling down. If so, you should get them sharpened.

As you grow, you will hear an expression about the importance of "staying sharp." It means "thinking clearly."

We live in a world where there are a lot of lies around us. The way we tell truth from lies is to study the Bible. [Tip: Hold up a Bible.] It is God's message to us. It teaches us everything that matters most. In John 17:17 Jesus says that God's "word is truth."

Do you want to stumble through life not knowing what to do, say or believe?

Or do you want to be confident, faithful, loving and true?

If so, study the Bible which is God's trustworthy message to us. Read it, or have someone read it to you. Learn about God's teachings at church or youth group. And follow what it says.

Sharp skates gives you an edge on the ice, and the Bible gives you an edge in life.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. On the ice, we want sharp skates. In life we want to stay sharp with our minds. Help us to think clearly based on your truth in the Bible. In Jesus' name we pray, Amen.

Week 15

Theme: MAKING MISTAKES – GOD’S GRACE

What to say:

Have you ever seen an NHL player make a mistake? Maybe they missed a pass or took a bad penalty.

Has anyone here ever made a mistake? Yup, we all make mistakes. No one is perfect, including your parents, grandparents and coaches!

So let's talk about what you do when you make a mistake. It is NOT a good idea to always blame others for what you've done or to lie about it.

However, it IS a good idea to be honest about it and to take responsibility for your actions. We may also need to apologise to someone if we wronged them.

There is good news. Our God is a God of forgiveness--not only for when we sin against other people, but when we sin against God himself by breaking his commands. In 1 John 1:9 one of Jesus' apostles said: "If we confess our sins, [God] is faithful and just and will forgive us our sins and purify us from all unrighteousness."

That is wonderful news! We all make mistakes. We even sin against God and other people. But in Christ we receive forgiveness. Admit your mistakes. Confess them to God. And commit to living faithfully.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Everyone here makes mistakes. We sin against you and against others. When that happens, help us to be honest about it, to take responsibility, and to make it right. Thank you for the forgiveness you give us in Christ! In his name we pray, Amen.

Week 16

Theme: ON THE BENCH - BE READY

What to say:

When we are waiting on the bench for our next shift on the ice, it's important that we are paying attention to the game and what is going on so we will know when it's our turn.

If we are fooling around we might miss seeing a goal or something important.

The Bible is God's message to us. It also has a lot to say about being ready--especially about being ready for the return of Jesus. In Mark 13:35 he says: "keep watch because you do not know when the owner of the house will come back—whether in the evening, or at midnight..." The owner of the house is Jesus!

One day he will return to the earth as our Judge and Saviour. It could happen at any time. That's why we need to be ready. We need to place our trust in who he is and what he has done for us on the cross (giving his life for ours), and live in a way that is pleasing to him.

On the bench we always need to be paying attention and ready for our turn on the ice. In life, we also need to be ready for the return of Jesus.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to always be ready and alert. By the power of your Spirit, help us live each day by trusting in you and living in a way that pleases you. In Jesus' name we pray, Amen.

Week 17

Theme: SHOWING UP

What to say:

You can't have a hockey team with one player. There are a lot of us. We have different positions and responsibilities.

Something we don't talk about very often is *the importance of simply showing up*. Our teammates are relying on us!

There are times when we are out-of-town or sick. That's okay. It happens. Perhaps we have another commitment at church or with our family. That's okay too.

But if we're healthy we should show up.

If we simply don't want to come, that is letting our team down.

That's why we should always try to make it to the rink, and to be on time. If we can't, we should notify our coaches so they can plan.

It's all about being responsible for our actions and commitments. It's also about thinking of others.

The Bible is God's message to us. In Matthew 7:12 Jesus says: "do to others what you would have them do to you..."

If you like it when people are reliable, then *you* should be reliable. If you like it when people support the team, then *you* should support the team.

We're stronger together. Let's do our best to show up and to be on time. When we can't, let the coaches know.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Make us responsible teammates who respect the time and commitment of others. Remind us to treat others the way we would want to be treated. In Jesus' name we pray, Amen.

Week 18

Theme: STICK HANDLING – Use What You Have to Serve God

What to say:

Your hockey stick is an important piece of hockey equipment.

Without your stick you could not carry the puck up the ice. Taking a shot would be impossible. And scoring would be difficult. If you didn't have a stick you would need to kick the puck; at that point it wouldn't be hockey anymore: it would be ice soccer!

In hockey, the stick is special. Well, in life, you are special to God!

He made you unique, and just the way you are.

The Bible is God's message to us. It's where we learn about everything that matters most. In Psalm 139:13-14 David wrote: "For you [God] created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made..."

The same is true for you!

God didn't make you the same as the person beside you; he gave us all our own special talents and gifts, and would not want us to compare ourselves to other people.

Today, remember that you are wonderfully made by God himself!

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Thank you for making each one of us unique and special. Help us to use our gifts, talents and strengths to do great things for you. In Jesus' name we pray, Amen.

Week 19

Theme: ONE OF THE GREATS

What to say:

There are some really amazing hockey players in the NHL. It is fun and inspiring to watch them play. These are people like Connor McDavid, Alex Ovechkin, Auston Matthews, Sidney Crosby, and Andrei Vasilevskiy.

The Bible also has some really inspiring people who did great things. Some of them are listed in the book of Hebrews. Among others it names Noah, Abraham, Sarah and Moses. These people were faithful and courageous.

Even though none of them were perfect, they did amazing things for God. What made them great? They all said 'Yes' to God when he asked them to do something. God took it from there.

Maybe there have been times when you've thought to yourself, 'Nothing great will ever happen in my life because I'm just normal.' But that's not true. God uses ordinary people like you and me to do extraordinary things.

In Matthew 5:16 Jesus says: "let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

Look for opportunities to talk about God, to serve God, and to help others. Let your light shine before others! And God will do great things with your life.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to trust the plans you have for us, and to say Yes to you so that we let our light shine before others. In Jesus' name we pray, Amen.

Week 20

Theme: BELIEVING AND DOING

What to say:

Some people know about hockey, but they can't play it. For example, they know the rules (like what offside or icing is), and they know the positions and that the team with the most goals wins.

But they don't have equipment, aren't on a team, and don't know how to skate.

It's one thing to know ABOUT hockey and another to actually PLAY hockey.

That's like our faith. A lot of people know ABOUT God, but that's not the same as actually FOLLOWING God.

James 1:22 says this: "Do not merely listen to the word, and so deceive yourselves. Do what it says."

In other words, don't just listen to what Jesus says, do your best to act upon those teachings. If he says to worship God, then worship God. If he says to pray, then pray. If he says to love your neighbour, then love your neighbour. If he says to be holy, then be holy.

Watching hockey is great. But it's not the same as playing the game itself.

In the same way, think about how you can not just learn about God, but actually follow him. It is an exciting and meaningful adventure!

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to not only be people of learning, but people of action. Help us take the things in our heads, and be the hands and feet of Christ. In his name we pray, Amen.

Week 21

Theme: FIGHTING - A LESSON IN ANGER

What to say:

Sometimes when we are watching hockey on TV we will see players get into a fight. We might think that is fun to watch. But someone might get hurt. Someone will also get a penalty which will put their team at a disadvantage.

Fighting means that someone let their anger or frustration take over their behaviour.

The Bible is God's message to us. It's where we learn about everything that matters most. In James 1:19-20 we learn this: "Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires."

In other words, can can't act in a selfish and angry way and please God at the same time.

Anger is a feeling that is very powerful. When we let it take over us, we usually stop making good decisions.

Let's do our best, with God's help, to be in control and to think clearly. This will help us be at our best and help our team.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to think clearly and to be in control so that we can be at our best and help our teammates. In Jesus' name we pray, Amen.

Week 22

Theme: HOT SHOT - SHOW-OFF

What to say:

A show-off is someone who always thinks they are the best. They want to prove it to others over and over again. They are always bragging.

Show-offs don't seem to care about others. They can even make fun of others. They hog the puck because they only think about themselves.

But not so fast.

The Bible is God's message to us. It's where we learn about everything that matters most. In Philippians 2:3-4 Paul describes how we should act: "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others."

We should act like this because of Christ. He serves others not himself.

Today, don't be a show off. Share the puck, encourage your teammates, help them succeed. Then your team will really have something to celebrate.

Let us pray:

Heavenly Father, we praise and thank you for Jesus--your Son and our Saviour. We also praise and thank you for your word to us in the Bible. Help us to focus on you, not ourselves. By your power, make us good teammates. In Jesus' name we pray, Amen.

Week 23

Final Week of the Hockey Season

What to say:

What a great season we have had!

What do you think was the best part? [Take answers.]

What is something that we improved upon as the year went on? [Take examples.]

In this final week, I want to offer you a reminder that Jesus is the most important person you will ever know. We celebrate his birth at Christmas and his death and resurrection at Easter.

We hear His words in the Bible, at church, Sunday School, Kids Clubs, Youth Group, or in family devotionals. He is the most important person in history and He invites us to trust and follow him on an amazing journey through life and beyond.

So how do we start this journey?

- We decide to trust and follow Jesus every day of our lives
- We turn away from sin, ask for forgiveness, and invite Jesus into our hearts
- We talk to someone else about it – our parents, a coach, a pastor, or youth leader
- We own a Bible so we can read about God and learn how to follow Jesus in amazing and meaningful ways

End in Prayer and an Invitation