

# 1st-5th Grade

## July 5th

**Bible Bootcamp: Training to Become More Like Jesus**  
**Memory Verse: 1 Timothy 4:8**

**You can't hide and heal at the same time!**

**Spiritual Discipline: Confession**

**Let's Read...**

Proverbs 28:13 and 1 John 1:8-9

**Let's Talk...**

Can you think of a time when you tried to hide something wrong you did? How did that feel?  
(Parents: share an example from your own life. This helps kids see honesty as safe and normal.)

What happens when we try to hide our sin, according to Proverbs 28:13?  
(We don't do well. Hiding sin keeps us from being close to God.)

What do both verses say happens when we confess our sin to God?  
(God shows mercy and forgives us.)

What is mercy?  
(Mercy is not getting the punishment we deserve. We are all sin and the punishment for is death. But God shows us mercy by giving us eternal life in Jesus.)

Why can't we hide and heal at the same time?  
(Because healing comes when we bring our sin into the light and tell the truth.)

How does it make you feel to know that God always forgives when we confess?

**Let's Pray...**

Spend time confessing your sins to God and asking for His forgiveness. Thank Him for showing you mercy and for bringing you out of hiding into His light.

# **1st-5th Grade**

## **July 12th**

**Bible Bootcamp: Training to Become More Like Jesus**

**Memory Verse: 1 Timothy 4:8**

**Giving to others is a gift to ourselves!**

**Spiritual Discipline: Generosity**

**Let's Read...**

**2 Corinthians 9:7 and Psalm 112:5**

**Let's Talk...**

**How does it feel when you give something to someone else?**

**What kind of giver does God love, according to 2 Corinthians 9:7?**

**(A cheerful giver! Someone who gives with a happy heart.)**

**What does Psalm 112:5 say about generous people?**

**(God blesses those who are generous and fair in helping others.)**

**Why is giving to others also a gift to ourselves?**

**(Because giving fills our hearts with joy and helps us follow God's example.)**

**What are some ways we can be generous this week: with our time, money, or kindness?**

**Let's Pray...**

**Thank God for everything He's given you. Ask Him to help your family be cheerful givers this week.**

# **1st-5th Grade**

## **July 19th**

**Bible Bootcamp: Training to Become More Like Jesus**

**Memory Verse: 1 Timothy 4:8**

**Rest in God makes you strong!**

**Spiritual Discipline: Sabbath**

### **Let's Read...**

**Matthew 11:28, Genesis 2:2-3, and Exodus 20:8-10**

### **Let's Talk...**

**When does your family rest together? Do you?**

**Why do you think God wants us to rest, not just work all the time?**

**What does Jesus promise in Matthew 11:28?**

**(That when we come to Him, He will give us rest.)**

**What did God do on the seventh day after creating the world?**

**(He rested and made that day holy.)**

**What does God tell us to do in Exodus 20:8–10?**

**](To remember the Sabbath day and keep it holy.)**

**How does resting in God make us strong?**

**(When we rest, God refreshes our hearts and helps us trust Him more.)**

**What are some ways we can rest in God?**

**(Exp. Reading the Bible, praying, spending time with family, or enjoying God's creation.)**

### **Let's Pray...**

**Thank God for giving you rest. If it's hard, ask Him to help your family find time to rest together.**

# **1st-5th Grade**

## **July 26th**

**Bible Bootcamp: Training to Become More Like Jesus**  
**Memory Verse: 1 Timothy 4:8**

**Jesus has won the war!**

**Spiritual Disciplines in Action: Going into Battle**

**Let's Read...**

**1 Corinthians 15:57 and Romans 8:37**

**Let's Talk...**

**Share a time you won a game or competition. How did you feel when you won?**

**Who gives us victory, according to 1 Corinthians 15:57?**  
**(God gives us victory through Jesus.)**

**What are some of the spiritual disciplines we've learned about that help us stay strong in God?**  
**(Prayer, reading our Bible, living in community, confession, generosity, and sabbath)**

**Which one of the spiritual disciplines is easiest for you to do? Which one do you want to grow in?**

**What does Romans 8:37 say about us because of Jesus' love?**  
**(That we are more than conquerors. We share in His victory.)**

**How can we remember that Jesus already won when life feels hard or like a battle?**  
**(When we follow Jesus, we fight from victory, not for victory. We can trust that Jesus already won, and He gives us strength to keep going.)**

**Let's Pray...**

**Ask God to help your family keep practicing spiritual disciplines, not to earn victory, but to live in the strength Jesus already gives.**