

# ★ THRU-THE-WEEK SHEET

WEEK OF AUGUST 7, 2022

## ♥ MEMORIZE

**I PRESS ON TOWARD  
THE GOAL FOR THE  
PRIZE OF THE  
UPWARD CALL OF GOD  
IN CHRIST JESUS.**

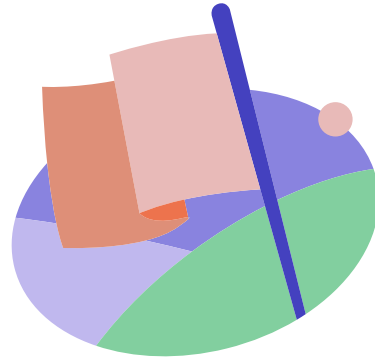
**PHILIPPIANS 3:14**

**Q:** HOW CAN I RESPOND TO  
KNOWING CHRIST?

**A:** REJOICE!

## SHARE

Spend time sharing ways your family can run the race of knowing Christ better.



## PRAY

**DEAR GOD, PLEASE GUIDE OUR  
STEPS TODAY AND HELP OUR  
LIVES SHOW OTHERS HOW  
MUCH WE LOVE YOU.**

## WORSHIP

When Paul and Silas were in prison they sang songs and worshiped God. Pick out one or two favorite songs your family can sing as Paul and Silas did.

## WATCH

Look up a video of a race and show it to your children. Watch how fast the contestants move toward the finish line. Encourage your children to run toward the goal of knowing Christ better each day.

## READ

Ask your older kids to read Acts 16:16-24 to learn more about the unjust circumstances that led to Paul and Silas being thrown in prison.

## RACE

Set up a series of relay races to run with your children. You could have a three-legged race, a wheelbarrow race or whatever sounds fun! Be sure to set up a finish line. Remind your children that just like we run toward the finish line, we should run toward knowing Christ better!



SCAN HERE TO LISTEN  
WHEREVER YOU ARE!

## SING

Listen to this playlist throughout the series to rejoice!

  
**Talk About**