



Commitment

P_{review}

Imagine if commitments were never broken. Families would be strong, churches and businesses would flourish, and politicians would have great reputations. *As a quick mixer, see if anyone can say "toy boat" six times fast without messing up.*

P_{raise}

Sing "I Give You My Heart" by Reuben Morgan. Allow time for praise reports.

P_{arable}

This activity requires planning. You will need large sections of paper (or use the white side of cheap wrapping paper), tape, two volunteers, one raw egg, and one bouncy ball. Wait until the end of the activity to explain the point.

Cover a section of the wall and surrounding floor with paper. Draw a target on the paper hanging on the wall. Give the first volunteer a bouncy ball and have him try to hit the center of the target. Give the second volunteer a raw egg and have her do the same.

Afterward, explain that there are two types of people when it comes to commitment: those who hit an obstacle, bounce back, and stay dedicated, and those who hit, splatter, and give up. We should resolve to keep our commitments no matter what the challenges.

P_{resent}

We're responsible for different types of commitments: (1) **commitments to God** (prayer, Bible study, church attendance, and living a pure, Christian lifestyle), (2) **day-to-day obligations** (commitments to athletics, band, choir, academics, job attendance, and church activities), and (3) **relational commitments** (as in marriages, dating relationships, and promises made to friends and siblings).

The word *commitment* means, "a pledge or promise; dedication to a long-term course of action." Mature Christians honor their commitments. If they say they're going to do something, they do it, even when it's hard and not fun anymore. They know sticking it out is best for the long run, and they refuse to wimp out when things get uncomfortable. That being said, when it comes to making commitments, we should be very careful.



1. **Matthew 5:33-37, James 5:12, Numbers 30:2** – Words are important. It’s better to keep our mouths shut than to make promises and not follow through. We should have so much credibility that when we say yes or no, we don’t have to add a bunch of disclaimers and vows. As soon as we commit to something, we should fully intend to fulfill our word—always.
2. **I Corinthians 15:33*** and **II Corinthians 6:14** – Forming alliances and partnerships with evil people will hurt you. (*In the KJV, “communications” means “company” or “companionship.”) Don’t make commitments to someone or to a situation that will drag you down spiritually, emotionally, or mentally.
3. Don’t over-commit! Ask yourself if the commitment in question is in line with your priorities and values. Consider whether you really have the time to invest. Make sure the things you commit to won’t take time away from more important things. (Will heading up the student council project keep you away from church?)
4. **Colossians 3:17** – Spend your time on things that honor Christ. Don’t commit to someone or something that’s a colossal waste of time or that will come between you and God. If you’re considering dating someone who isn’t a sold-out Christian, stop! The short-term sting of self-denial won’t compare to the regrets you’ll have if you pursue the relationship. Be dedicated and committed to God, and one day you’ll be able to say the words of the apostle Paul in **II Timothy 4:7-8** with confidence.

Pactice

1. When people break commitments, what are some of the consequences?
2. Has anyone ever broken a commitment made to you? How did you feel?
3. How do you think the world would change if everyone kept their commitments?

Pray

Thank God for following through with the ultimate commitment—giving Himself on the cross so that we can be saved. Pray that you will have wisdom and integrity when it comes to making commitments.

Plus

Think of an area in your life where you’ve made a commitment—or need to—and haven’t completely followed through. (Church attendance? Prayer time? Being punctual?) Develop a plan to get back on track.