

Tough Training

By RLD Editorial Team

for use as
STEP 1 

Lesson 12**Focus:**

The Bible equips us
for life.

Lesson 12**Bible Basis:**

2 Timothy 3:10—4:5

Lesson 12**Memory Verse:**

All Scripture is God-breathed and is
useful for teaching, rebuking, correcting
and training in righteousness.
—2 Timothy 3:16

Students will watch a video about an athlete training for the Olympics as they talk about becoming equipped for a challenge.

Materials:

- Internet access

- **What sports are you involved with?** (Not all students may play sports; encourage students to share other activities that involve training or preparation.)
- **How do you train or prepare for your activity?** (Possible answers: going to practice, running laps, etc.)

It takes a lot of work and practice to become really good at something. If we aren't properly equipped, we won't be at our best. It's probably safe to say that the more important something is to you, the more effort you'll make to be sure you are properly prepared. This video demonstrates the serious dedication and preparation required of professional athlete.

Play this video for your students [1:32; stop at 1:28]:
Child Gymnast Bootcamp: Training China's Next Champions
Sunisa Lee is Training a New Beam Series - 2024 Olympic Year goals
<https://www.youtube.com/watch?v=wzamgTE9Lcc>

- **Have you ever wanted something so badly that you trained intensely or had to overcome obstacles?** (Give students time to share.)
- **What's the longest you've ever spent preparing for something? What was the result of your training?** (Possible answers: I was successful, I achieved my goals, I was proud of what I accomplished.)

Professional athletes and other highly trained people spend a great deal of time and money to become fully equipped for the things that are most important to them. But there's one challenge that *everyone* needs to be trained for. What is it, and how can we be sure we are fully equipped for it? Let's find out.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

Lesson 12 / February 18, 2024

Tough Training

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STEP 4 

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Materials:

- Index cards (2 per student)
- Pens/pencils (1 per student)
- Whiteboard and marker (or screenshared document)

If your class is meeting online, invite your students to bring supplies with them to class.

Write out 2 Timothy 3:16 on the whiteboard or on a screen-shared document: “All God-breathed Scripture is useful for teaching, rebuking, correcting and training in righteousness.”

In his letter to Timothy, Paul stressed how important it was to depend on God’s Word for our daily lives. The knowledge we get from the Bible equips us with everything we need for life. Have a volunteer read 2 Peter 1:3-4.

- **Have you ever been in a situation where knowing what the Bible says helped you? Tell us about it.** (Be prepared to share examples from your own experiences.)
- **What kind of challenging situations might you experience where it would be helpful to know how the Bible tells you to act?** (Give your students an opportunity to think this through and share their thoughts. How to deal with friends and family, how to know right and wrong, how to handle emotions, etc. are just a few of the answers they may give.)

Today we’re going to make Scripture Memory Packs that will help equip you with God’s Word so you have it when you need it. Distribute supplies (or invite students to have them ready at home). Using the supplies, have your students copy 2 Timothy 3:16 from the whiteboard or screen-shared document.

As your preteens work, explain a little more about what they are doing. **Like any tool, the Bible is only useful to us when we actually take the time to use it! Beginning this week, spend time reading your own Bibles and listening when the Bible is read. Any time you hear a verse you think could help you, write it down on the blank card. You can add more index cards to the stack so there’s one verse per card. Try to memorize every verse you add to the stack. Look back through these verses frequently to stay equipped for challenges.**

Close in prayer.

Additional Resource: 10 Bible Verse Memorization Cards for Kids

<https://www.moritzfinedesigns.com/10-bible-verse-memorization-cards-kids/>

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