

Kid Run (Ages 3-13)

Template

Example:

Purpose Statement: *By the end of the 40 Days of Pursuit, I will have a longer attention span, a better understanding of the Bible and prayer, and a stronger relationship with my parents and siblings.*

- **God-** I will pray for 1-5 minutes every day (with or without a parent/sibling) and watch 1 video in the Bible App Kids Bible Experience.
- **God's Body-** I will pray and have Bible study time weekly with my parent(s) and/or sibling(s) for 5-10 minutes.
 - **Questions to ask each other weekly:**
 - How are you growing or what are you learning?
 - What do you need me to pray for?
- **My Body-** I will limit my candy intake and TV time to the weekends.

Goal Ideas:

1. God
 - a. Read 1 scripture per day (or listen as a parent/sibling reads it)
 - b. Watch 1 video on the Bible App Kids Bible Experience 5-7 days per week
 - c. Share your faith with 1 person at school each week/ Tell 1 person “Jesus loves you” every week
 - d. Attend WOF Kids Ministry every Sunday
 - e. Memorize 2-3 verses of scriptures within the 40 days
 - f. Limit secular music to 1-2 days per week or eliminate it
2. God's Body
 - a. Check in weekly with a WOF Kids Ministry buddy
 - b. Volunteer at church 2x within the 40 days
 - c. Pray and read Scripture with family weekly
 - d. Say something nice to at least one person 3x per week
 - e. Once per week, tell someone that Jesus loves them

- f. 5-7 days per week, have one meal per day with family without TV or social media interference
3. My Body
 - a. Limit junk food, sweets, soda and juice to the weekends
 - b. Drink an extra cup of water than usual per day
 - c. Establish a consistent bedtime and take age-appropriate naps during the week and/or weekends (8-12 hours of sleep per night)
 - d. Walk or play outside for 15-30 minutes per day, at least 5 days per week
 - e. Limit screen time (TV, video games, social media) to 30 mins or less 3x or less per week

Fill in the Blanks:

Purpose Statement: *By the end of the 40 Days of Pursuit, I will _____*
(Insert overall vision for your relationship with God, your relationships with others, and the condition of your own body—the temple of the Holy Spirit.)

I will pursue wholeness in ...

- **God-** I will _____ *(Insert goals for prayer, worship, and Scripture.)*
- **God's Body-** I will _____ *(Insert goals for your relationship with other believers, whether family, friends, or small group.)*
- **My Body-** I will _____ *(Insert goals for fitness, nutrition, or other areas of physical wellness.)*