

# Tough Training

By Jenn Joshua

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

**Students will watch a video about child athletes 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 equipped. This video demonstrates how this can be taken to some pretty extreme places.**

Play this video for your students [1:48]:

How China trains its future diving stars

[https://www.youtube.com/watch?v=8\\_4hs\\_hobAY](https://www.youtube.com/watch?v=8_4hs_hobAY)

➤ **Have you ever wanted something so badly that you trained intensely?** (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 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, 2018

# Tough Training

for use as  
**STEP 4** 

**Lesson 12****Focus:**

The Bible equips us  
for life.

**Lesson 12****Bible Basis:**

2 Timothy 3:10-4:5

**Lesson 12****Memory Verse:**

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

**Materials:**

- Internet access
- Memorization bookmark cards printed on cardstock (1 sheet per student; template can be found here)
- Empty plastic case gum comes in (1 per student; link to reference picture can be found here)
- Scissors
- Pens/pencils
- Whiteboard and marker

Before class, collect enough empty plastic gum cases so that you have one for each student. If you are not familiar with this recyclable product, you can refer to this link to help you visualize what the case looks like.

Untitled photo of gum in case taken by DCC

[URL will be supplied when photo is ready](#)

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

Also, print out enough memorization bookmark cards on cardstock so that each of your students has a sheet. The link to the template can be found here.

10 Bible Verse Memorization Cards for Kids

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

**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.** Hand out a sheet of memorization bookmark cards and other supplies to each student. Have your students cut apart the memorization bookmark cards. Ask them to use the back of one of the cards to copy 2 Timothy 3:16 from the whiteboard.

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 that you think could help you, write it down on the back of one of your bookmarks. Add more blank bookmarks when you run out of room. Take out a bookmark—one at a time—and use it to mark its place in the Bible until you have finished memorizing it. Then return it to its case and choose another. Look back through these verses frequently to stay equipped for challenges.**

Close in prayer.

(We are not affiliated with and do not endorse any website or any other media listed on these pages. At the time of writing, we carefully review the referenced material and non-referenced web page content. However, due to the nature of the Internet, non-cited content on the website [including pop-ups, links, and ads] changes frequently and is beyond our control. Please review carefully before showing links in the classroom.)