



◆ STEP SEVEN

Growing Every Day

"But those who hope in the Lord will renew their strength..."

ISAIAH 40:31 · ANCHOR VERSE - READ THIS ALOUD TOGETHER TO OPEN

Key Points

READ TOGETHER

- ◆ Take care of your body, mind, heart, and spirit.
- ◆ Balance work, play, rest, and time with God.
- ◆ Growing stronger a little every day prepares you for the future.
- ◆ God wants us to faithfully care for everything He has given us.
- ◆ Healthy habits today build a stronger tomorrow.

Story One: Chloe and the Bicycle

AGES 6-10

READ TOGETHER

For her ninth birthday, Chloe received the bicycle she had dreamed about for months. It was bright blue with white tires, a shiny silver bell, and a basket on the front.

She rode it everywhere. To the park. To church. Around the neighborhood with friends.

But after several months, Chloe stopped taking care of it. She left it outside in the rain. She never cleaned it. The tires slowly lost air. The chain became rusty.

One afternoon she tried riding with her dad, but the pedals barely moved.

"Dad! It's broken!"

He knelt beside the bicycle. "It didn't break all at once."

"What do you mean?"

He pointed to the rusty chain. "The rain." Then the flat tires. "The air." Then the muddy gears. "The dirt."

"It wasn't one big thing," Dad explained. "It was lots of little things that were ignored."

Together they washed the bike, added oil to the chain, pumped up the tires, and tightened a few loose bolts. Soon it rode like new again.

On the way home Dad smiled. "You know... this bicycle reminds me of us."

Chloe looked confused.

“If we don’t take care of our bodies, our minds, our friendships, or our relationship with God, little problems begin to build up.”

“So we need maintenance too?”

Dad laughed. “Exactly.”

From that day on, Chloe made caring for her bicycle – and herself – a regular habit.

Story Two: Noah's Four Batteries

AGES 10–14

READ TOGETHER

Noah loved technology. One Christmas he received a new drone.

After flying it several days in a row, he noticed something. The batteries eventually ran out. No matter how amazing the drone was, it couldn’t keep flying forever without stopping to recharge.

A few weeks later Noah found himself feeling exhausted.

Basketball practice. Homework. Youth group. Band. Helping around the house. Late-night video games.

He was tired all the time.

One Saturday morning he sat quietly at the breakfast table. His mom noticed. “Everything okay?”

“I’m just worn out.”

That afternoon his grandfather stopped by. After hearing about Noah’s busy schedule, Grandpa picked up one of the drone batteries.

“What happens when this runs out?”

“I recharge it.”

“Why?”

“Because it won’t fly otherwise.”

Grandpa smiled. “Neither will you.”

He drew four boxes on a piece of paper.

Body. Mind. Heart. Spirit.

“You have four batteries.”

Noah leaned closer.

“Your body needs sleep, healthy food, and exercise. Your mind needs learning. Your heart needs friends, family, and encouragement. And your spirit needs time with God. If you only recharge one battery, eventually the others become empty.”

For the next month Noah made small changes.

He went to bed earlier. He spent fifteen minutes reading his Bible each morning. He rode his bike more often. He put his phone away during dinner so he could talk with his family.

Slowly something changed. He wasn’t just less tired. He was happier. More patient. More focused.

One evening Grandpa asked, “How are your batteries?”

Noah grinned. “Charged.”

Jesus' Example

READ TOGETHER

Even Jesus took time to rest.

Although crowds constantly followed Him, He often stepped away to pray. After long days of teaching, healing, and serving others, Jesus would go to a quiet place to spend time with His Father.

He understood something we often forget. You cannot continually pour into others if you never allow God to pour into you.

Jesus also cared for His friendships. He spent time with His disciples. He attended meals with families. He celebrated weddings. He prayed. He rested. He served.

His life showed perfect balance between work, worship, relationships, and rest.

If the Son of God needed time to recharge, so do we.

Why This Matters

READ TOGETHER

Many people believe growing stronger happens through one big decision. But most growth happens through small choices repeated over time.

Reading your Bible for fifteen minutes. Getting enough sleep. Playing outside. Eating healthy food. Talking with your family. Helping someone in need. Praying before school. Choosing honesty.

These little habits may not seem important today. But over months... years... a lifetime... they shape who you become.

God has entrusted you with one life. One body. One mind. One heart. One soul.

Being a faithful steward means taking care of those gifts so you can love God and serve others for many years to come.

Bible Verses

READ TOGETHER

1 Corinthians 6:19–20 - “Your body is a temple of the Holy Spirit... Therefore honor God with your bodies.”

Mark 6:31 - “Come with me by yourselves to a quiet place and get some rest.”

Isaiah 40:31 - “But those who hope in the Lord will renew their strength...”

Luke 16:10 - “Whoever can be trusted with very little can also be trusted with much.”

Psalms 46:10 - “Be still, and know that I am God.”

A note on 1 Corinthians 6:19–20: Paul wrote these words to remind believers that they belong to God - bought at a price through Jesus. Caring for our bodies is one part of honoring the God who made us and saved us; the verse is about belonging to Him, not simply about health.

Discussion Questions

PARENT LEADS

1. Which of your “four batteries” feels the strongest right now?

2. Which one needs the most attention?

3. Why do you think Jesus often spent time alone praying?

4. What are some healthy habits that help your body grow?

5. What habits help your spirit grow closer to God?

6. How can taking care of yourself help you better serve others?

7. Parent's turn: which of your own four batteries runs low most often - and what recharges it?

Vocabulary Words

READ TOGETHER

Balance: Giving the right amount of attention to the important parts of your life. *Example: Making time for homework, family, church, exercise, and rest throughout the week.*

Rest: Taking time to recover physically, emotionally, and spiritually. *Example: Getting enough sleep and spending quiet time with God after a busy day.*

Renewal: Becoming refreshed and strengthened after spending time resting, learning, or being with God. *Example: Feeling encouraged after reading your Bible and praying.*

Habit: Something you do regularly until it becomes part of your everyday life. *Example: Brushing your teeth every morning and evening.*

Faithfulness: Consistently doing what is right over a long period of time. *Example: Reading one chapter of the Bible each day, even when you don't feel like it.*

Growth: Becoming stronger, wiser, and more like Christ over time. *Example: Looking back and realizing you're more patient today than you were last year.*

Faith Builder

YOUR MOVE

Become a **"Faithful Steward."**

Each day this week, do one thing to recharge each of your four "batteries."

Body

- Get enough sleep.
- Drink more water.
- Play outside or exercise.
- Eat something healthy.

Mind

- Read a book.
- Learn a new skill.

- Practice math facts or music.
- Ask a good question.

Heart

- Encourage a friend.
- Spend quality time with your family.
- Write a thank-you note.
- Forgive someone.

Spirit

- Read your Bible.
- Pray.
- Memorize a Bible verse.
- Thank God for three blessings.

At the end of the week, write down:

- Which battery was easiest to recharge?
- Which one was hardest?
- What new habit would you like to continue?
- How did caring for yourself help you care for others?

Closing Prayer

READ TOGETHER

Dear Heavenly Father,

Thank You for creating me with a body, a mind, a heart, and a spirit. Help me to take good care of each one so I can become the person You created me to be. Teach me to spend time with You every day, to care for my health, to continue learning, and to love the people You've placed in my life. Give me the wisdom to make good choices and the strength to keep growing, even when it isn't easy. May everything I do bring glory to You and help others see Your love through my life.

In Jesus' name, Amen.