

# Konnect TIOG- Grow up Take Care of Yourself



## Say the point and Bible verse together.

Point: No more baby stuff. It's time to grow up!

Verse: Hebrews 5:13 NLT

*"... someone who lives on milk is still an infant and doesn't know how to do what is right."*

### 1. **What is an infant?**

## Choose a few review questions.

1. What is spiritual milk? *You always need others to tell you what to do to live for Jesus.*
2. What is spiritual meat? *Knowing how to live for Jesus and doing it without being told; teaching other how to live for Jesus*
3. When is it good to drink only spiritual milk? *When you start to follow Jesus and you don't know how to live God's way yet.*
4. When is it bad to drink only spiritual milk? *When you've followed Jesus for a long time and you still haven't learned how to live God's way*
5. How do you think you can tell if you're eating spiritual milk or spiritual meat?

## Choose an action step question.

1. **How can you eat spiritual meat this week?** *Read the Bible, pray, help others, etc. without being told.*

## Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write** down their prayer requests.
3. **Pray** together over the prayer requests.

**Not sure what to pray? Pray this:** God, please teach us Your ways. Help us live for you, and show us how to teach others to do the same. In Jesus' name, Amen.