**Are You Growing?**

**KEY VERSE**

2 Peter 3:18

**LESSON OBJECTIVE**

Children will learn what it means to grow spiritually and will be challenged to use the Olympians program as a tool to be more like Jesus and learn more about Jesus.

**STICKY STATEMENT**

**Learn more about Jesus to be more like Jesus.**

**PERSONAL TRAINING TIME**

**GOAL**

The goal of the Personal Training Huddle would be for each child to make a commitment to grow in their walk with Christ and for the PT Coach to help keep them accountable to that decision.

**DISCUSSION QUESTIONS**

1. **What does it mean to grow spiritually?** *(The point of this question is to see if the children understand the concept of spiritual growth. It would be wise to ask questions about the parallel with plant growth to see if they understand the concept of “growing spiritually” or “growing in grace.” Remember, the concept is to be more like Jesus and learn more about Jesus.)*
2. **What are the benefits of participating in each of the five parts of the Olympians program?** *(Make a point of talking about each part of the program. What is one benefit of having a personal quiet time? What is one benefit of memorizing Scripture? What is one benefit of being faithful? What is one benefit of serving others? What is one benefit of reading Christian books? Help the children vocalize a benefit from each area. It is important to make a point to allow the children to talk and not re-teach the lesson. Be sure to just guide the conversation and not dominate it. Help them to see how spiritual disciplines can benefit them personally.)*
3. **What part of the Olympians program did you commit to focus on this year?***(You could ask this question this way: What area did you circle on your Awards Sheet? Remember, the five areas of the Olympians program are Quiet Time, Memory Verses, Faithfulness, Service, and Christian Books. Be sure to pay attention if a child wrote the word* grace *at the top of the page. If so, be sure to make a point to talk to that child about salvation and beginning a relationship with Jesus. Remember to write down, for your own knowledge, what each child chose to focus on and help them throughout the year to focus on growth in that area.)*