

# THE ULTIMATE CHALLENGE



## WEEK 4

### DAY 1 Read 2 Samuel 6:21

Do you have a favorite sports team or game? You probably wear your team colors loud and proud, right? If you go to a game, you might even yell yourself hoarse, cheering on your team. And if you or your team wins, it's easy to get caught up in the moment and sometimes even act downright silly in front of other people, just because you're that excited to celebrate.

David celebrated God like that. He didn't care what anyone else thought—he knew that God deserved all the glory for everything good in his life, and he was willing to even make a fool of himself so that everyone knew whose side he was on!

Why don't you turn on your favorite worship song and sing loud and proud? If you like to dance, you could even make up your own hand motions to go with the song. Remember that even when you feel silly praising God out loud, it brings Him joy to hear you honor Him!

**THANK** God out loud for all the good things in your life.



## GIVING THE HIGHEST DEGREE OF HONOR

### DAY 2 Read Psalm 103:2.

What are some of the things that God has done for you? We'll get you started ...

- 1) He made you.
- 2) He gave you a \_\_\_\_\_ who loves you.
- 3) He gives you \_\_\_\_\_.
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) Keep going—fill up every bit of white space on this page with things that God has done for you! If you get stuck, ask others for help!

Find a place to put your list—like on the refrigerator, taped to your bathroom mirror, or maybe on the front of your school notebook. The next time you have a reason to thank God for something He's done for you, add it to your list. It will remind you to thank God throughout the day for what He has done. As a bonus, your friends might ask you what the list is about, and you can tell them about how you're thankful to God!

**ASK** God to give you an opportunity to honor Him by sharing the things He's done for you with someone else.

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### DAY 3 Read 1 CORINTHIANS 6:20

Stand up and do 15 jumping jacks.  
Now do 10 sit ups.  
Next, run in place for one minute.  
Lastly, pat your head and rub your stomach at the same time.

OK, that last one was a joke, but in all seriousness, it's good to stay active and take care of your body. In fact, why don't you go grab a piece of fruit right now?

The Bible tells us that we should honor God with our bodies—after all, He made them! One of the ways we can bring honor to God is by treating His creation—including ourselves—with honor. By eating healthy, staying active, and staying away from things that aren't good for us, we can show others how we respect our Creator!



**LOOK** at how valuable a creation you are, take a bite of that healthy snack, and thank your Creator!

## GIVING THE HIGHEST DEGREE OF HONOR

### DAY 4 Read PROVERBS 14:31

Have you ever made something for someone or given them something and then seen them NOT take care of it? Maybe you made a card for your sister and you saw her throw it in the trash without even reading it? Or you gave your friend a gift and he never played with it? It doesn't feel good, does it?

Imagine how God must feel when He sees us not taking care of each other. God made ALL of us—the rich, the poor, the sick, the healthy—so it brings Him honor when we are kind to everyone and treat them the way we want to be treated. Find someone today who needs something you have, and honor them with kindness by giving them what they need.

**KNOW** that God loves everyone He made, so when you honor others, you are really honoring Him!

