

## Commitment JANUARY 2026



### SAY IT:

I can keep my promises.

### KNOW IT:

#### **FAMILY DISCUSSION TIME**

- Describe a commitment or promise that you have made in your life.
- Why is it important to stick with your commitments and keep your promises?
- How can making a plan help you stick to a commitment?

### SEE IT:

In the movie *Up*, Carl makes a commitment to take his wife Ellie on a dream vacation to Paradise Falls. As life continues to move along, many obstacles arise making it difficult to fulfill this commitment. When Ellie passes away, Carl is left alone, and decides to make a plan and finally fulfill this commitment in memory of his wife. This movie is an excellent example of the commitment Carl makes to his wife Ellie and his determination to follow through on their dreams.

Take a few minutes to watch the trailer for *Up*:

[https://www.youtube.com/watch?v=HWEW\\_qTLSEE](https://www.youtube.com/watch?v=HWEW_qTLSEE)

### BE IT:

Plan a family movie night to watch the movie *Up*. Discuss the power of making a commitment, keeping promises, and working hard to follow through with what you said you would do. As a family, commit to something you want to accomplish. Maybe it's a vacation you want to take, a project around the house, a person you want to help, or just to consistently spend time together as a family. Make a plan for how you are going to make this commitment become a reality. Encourage each other as you work hard to keep promises to each other and put this plan into practice.

## PHASE

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In the elementary years,  
a child develops skills that  
equip their future.

Here are three questions that all elementary-aged children are asking:

**1. Do I Have Your Attention?**

In Kindergarten and first grade, a child craves adult attention and approval.

**2. Do I Have What It Takes?**

In second and third grade, a kid wants to know how their abilities compare with peers.

**3. Do I Have Friends?**

In fourth and fifth grade, a kid begins to prioritize friends in a new way.

Relationships create a safe place to resolve who we are. Relationships bring clarity. When kids see themselves the way a loving adult sees them, it changes how they see themselves