



EXPLORE THE BIBLE®

Session 12: Fully Committed
Suggested Week of Use: November 23, 2025
Core Passage: Deuteronomy 30:11-20

News Story Summary

Over the summer, Olympic gold medalist Nathan Chen made headlines—not for winning another championship in figure skating, but for stepping away from competition. Chen announced that he will not defend his title at the 2026 Winter Olympics in Milano-Cortina, choosing instead to begin medical school. Having already achieved the highest honors in figure skating, Chen said he was ready to focus on new doors that were opening for him.

For more about this story, search “Nathan Chen skipping Olympics.”

Engage

To supplement the Engage activity, ask: *What are some tasks that require your complete concentration? What do you do to avoid distractions?* Discuss responses. Note that some professions require strict attention to detail, such as tax preparation and air traffic control. Ask: *How would you feel if your doctor was distracted by a second full-time job while you shared a medical concern?* Affirm that we want doctors to be fully focused on their jobs.

Share the story about figure skating gold medalist Nathan Chen choosing medical school over the 2026 Olympics. Note that both pursuits require long hours, sacrifice, and total dedication. Say: *Chen realized he couldn't give himself fully to both. His choice wasn't between a good thing and a bad thing, but rather between a good thing and a better thing.* Point out that God also calls His people to practice wholehearted devotion toward Him. Explain that in today's session from Deuteronomy 30, we'll examine some of Moses's final words to Israel, which included a challenge to choose God's ways and to love Him with all their being.

Challenge

To supplement the Challenge activities, remind adults of Nathan Chen's decision to step away from figure skating to focus on medical school. Say: *Nathan Chen recognized that the best path forward for this season of his life required saying no to something that means a lot to him. Medical school requires his full devotion.* Emphasize that God requires His people to release the competing loyalties in their lives. Affirm that partial devotion won't do because He calls for all our heart, soul, and strength.

Encourage adults to reflect on areas of their lives that they have not surrendered completely to God. Urge them to release those distractions and to seek God's plans and purposes fully. Remind them that obedience leads to God's favor, while rejecting Him leads to consequences. Close in prayer, thanking God for His Word and for the opportunity to “choose life” each day. Ask Him to help each adult remove every trace of divided loyalty and to give their hearts fully to Him.