GIVE UP

…………………………………………………………………………………........……………………..

SWEETS AND SUGARY FOODS

…………………………………………………………………………………........……………………..

TV/NETFLIX/YOUTUBE

…………………………………………………………………………………........……………………..

VIDEO GAMES

…………………………………………………………………………………........……………………..

SUGARY DRINKS (juice and soda)

…………………………………………………………………………………........……………………..

ARGUING AND COMPLAINING

…………………………………………………………………………………........……………………..

TOYS

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FILL UP

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Memorize 1 Corinthians 10:31 “So whether you eat or drink or whatever you do, do it all for the glory of God.”

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Sing: Listen to your favorite worship song and sing it or read the words.

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READ THE BIBLE FOR 5 MINUTES

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READ THE BIBLE FOR 5 MINUTES

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Write or draw a prayer to God. What can you thank God for? What do you think God wants to tell you today?

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Pray: Ask God to speak to you and show you how you can grow closer to Him this week. Thank Him for everything He has given you.

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