

**Give Up**

Eating your favourite Chocolate & Candy for a day

**Give Up**

10 mins of screen time

**Give Up**

Watching your favourite show for a day

**Give Up**

eating 1 snack for the day

**Give Up**

Eating Fast food for a day

**Give Up**

Your favourite Drink for a day

**Give Up**

Playing Video Games for 2 days

**Give Up**

Screen time for a day

**Give Up**

Complaining about whats on your plate for dinner

**Give Up**

**Give Up**

**Give Up**

## Fill Up

Dear God, with You all things are possible. Thank You SO much for the most amazing gift: Jesus! You gave us Jesus to be our friend forever and Jesus can do anything! Will you please help us to trust You, Thank You that we can talk to You about anything, and You are always there to help.

**Action Idea:** Talk to your family about Jesus, and don't be afraid to ask questions!

## Fill Up

Dear God, it feels good to have friends. We want everyone to know that Jesus loves them and that He wants to be their friend forever. We want to love people like Jesus and be their friend too. Help us to be a good friend.

**Action Idea: Help a friend today!**

## Fill Up

Dear God, thank You for sending Jesus to be our friend forever. Thank You that He wants us to follow Him so He can show us the best way to live. Please help us to follow You.

**Action Idea:** Read about Jesus in the bible-try Luke 2:41-52

## Fill Up

Dear God, we want to show and tell others about Jesus so they will know He wants to be their friend forever. And help us remember to tell people the BIG NEWS that Jesus is alive! We want everyone to know Jesus because He is the best!

**Action Idea:** Tell a friend about Jesus!

## Fill Up

Dear God, thank You for the Bible. Thank You for loving us and teaching us the way to go. I pray You will help us understand and remember Your words and follow what You say.

**Action Idea:** Read your favourite bible story with your family

## Fill Up

Dear God, thank You that we can talk to You anytime, anywhere, about anything. Thank You that we can talk to when we are at home, or at school, or at the grocery store or in the car! You are the best, God, and we love You very much!

**Action Idea:** Take 1 minute to be quiet and pray

## Fill Up

Dear God, thank You for always being with me and hearing us when we talk to You. Thank You for loving us and having the power to give us what we need. Teach us to know the difference between what we need and what we want.

**Action Idea:** Do something helpful for your family

## Fill Up

Dear God, thank You for keeping Your promises. There is no one like You. You are so loving and kind

## Fill Up

Dear God, thank You for making people to help one another. Thank You for making so many wonderful people to help our friends when they get hurt. I pray we will look for people who need help, and choose to help them.

## Fill Up

## Fill Up

## Fill Up