GIVE UP

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

**SWEETS AND SUGARY FOODS/DRINKS 1 day**

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

**SOCIAL MEDIA 1 day**

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

**ALL ELECTRONIC DEVICES 1 day**

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

**SLEEPING IN 1 days**

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

**ARGUING AND COMPLAINING 1 day**

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

**GOSSIP 1 day**

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

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ YOU CHOOSE 1 day**

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

FILL UP

.……………………………………………………………………………………....

**List** anything you are afraid of, worried about, or trying to control. Ask God to help you surrender it.

.……………………………………………………………………………………...

.**Memorize** Joshua 1:9 *“Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."*

.……………………………………………………………………………………....

**Read** Matthew 5:1-16 “Sermon on the Mount, Part 1”

.……………………………………………………………………………………...

.**Read** Matthew 6:1-18 “Sermon on the Mount, Part 2”

.……………………………………………………………………………………....

**Write or Draw** about who God is or what He has done in your life.

.……………………………………………………………………………………...

**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. Tell him you’re sorry for sinning.

*Spend ten minutes praying.*

.……………………………………………………………………………………...

**Sing**: Listen to your favorite worship song and sing with it or read the words and focus on praising God.

.……………………………………………………………………………………...

.