

GIVE UP | FILL UP



One way to fast is to say “no” to desires and distractions that keep us from God & say “yes” to things that fill us up with more of God. Since growing kids probably shouldn’t give up meals, this year’s challenge is to give up something we need less of to fill up with something we need more of.

Here's how it works

Kids get 2 cups: a red **GIVE UP** & a green **FILL UP**. Each day for 1 WEEK, draw a slip of paper from each cup.

- **GIVE UP** what you draw from the **red** cup
- **FILL UP** with what you draw from the **green** cup

When we deny & empty ourselves of distractions & things we become dependent on, we can be filled with a new faith & strength in the Lord. These cups provide a fun, tactile way for kids to fast.

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