

Sweets & sugary foods

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

Television

READ: Read Matthew 6:5-18

Devices (Games, Tablets, Phones)

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

Sugary Drinks (Juice, Soda, etc.)

SERVE: Serve someone else by asking a parent, sibling, or family member if there’s any chores or projects you can help them with.

Arguing & Complaining

WORSHIP: By listening to a favorite worship song and sing along with it or read the words to focus on praising God.

Toys

GIVE: Choose something you love and give it to someone else. (Give money to BGMC missionaries, a toy to a donation center, your favorite snack to a food pantry, your stuffed animal to a sibling, get creative.)

_____ **You Choose**

PRAY: Spend 5-10 minutes talking to God. Praise God for who he is & what he does, Repent & apologize for bad choices, Ask God for what you & your loved ones need, & Yield to God by saying yes to things he asked you to do.