



SELF-DENIAL

BRIDGEKIDS PATHWAYS

7 practices that should always be growing in a Christian's life are self-denial, daily prayer, Bible engagement, 360 faith, Spirit led, mission minded, and healthy community. Choose ONE you need to improve and work on it a while.

I NEED GROWTH IN SELF-DENIAL

Self-denial is telling your body NO so your spirit can grow. It helps you see Jesus is really what you need most, but it's more than giving something up. You also spend time saying YES to Jesus. Fill the time with things that build your spirit. That is why the Lord says, "Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning." –Joel 2:12 NLT

ASK YOURSELF

- What is one area of my life that probably gets too much of my focus, attention, or energy?
- What is one area in my relationship with Jesus that would benefit from more of my focus, attention, or energy?

WHAT YOU CAN DO

- Give up something hard: Food, video games, electronic devices, or anything you love. Decide what you're giving up and how long you will go without it.
- Set aside a time and place every day where you spend extra time with Jesus in worship and prayer.
- Decide what you need God to do in your life and ask for it.
- Every time you notice how much you want what you've given up, stop and pray for that thing you need from God.

EXAMPLE

I'm giving up sugar every Saturday this month and getting up at 8am to pray 10 minutes in my room for my mom.

BRIDGEKIDS

WEEK OF

SELF-DENIAL

2024

MY COMMITMENT

MY NAME:

I'M FASTING

WHEN:

WHAT:

I WILL BE PRAYING

WHERE:

WHEN:

WHAT:
