

The Give-Up / Fill-Up Cups

<u>Give up:</u>	<u>Fill Up:</u>
Video games for one day	Read a chapter of the Bible
Dessert one night	Pray for children who are hungry.
Chocolate or candy for a day	Pray for a missionary
TV for one night	Write down prayers for all your friends.
Youtube videos for the weekend	Pray for your neighbors.
Soda for the week	Memorize a Bible verse.
Listening to your IPod for a day	Lay on your bed and thank God for all the blessings He gives.
Riding your bicycle	Write a letter to God.
Playing on an Ipad	Volunteer with your family to help someone or an organization.