

FOCUS: I am better when I don't put my needs first.
SCRIPTURE: John 3:30; Philippians 2:5-7

WEEK OF
FEBRUARY
22-28

The word *sacrifice* means to give up something we want for the sake of something or someone else. It doesn't sound really fun, does it? But sacrifice is important. God wants us to be people who love others more than we love ourselves. And one way we do that is through sacrifice—through putting other people's needs before our own needs.

Did you know that sacrificing can actually feel good? That's because God created us to be people who serve and give. And when we do that, when we sacrifice, it makes us happier, more satisfied people.

It's easy to only concentrate on ourselves—on what we think we need or what we want. But this week, make an effort to think about others, first.

ACTIVITIES

THURSDAY, 2/22

Fill a bag with things to donate to a charity or second-hand store.

FRIDAY, 2/23

Buy someone's meal or share a snack with a friend.

SATURDAY, 2/24

Declare today "No Complaining Day." Decide what each of you has to do each time you complain. (For example: 10 jumping jacks, pay \$1.00 to the family vacation fund, or add a chore to their to-do list.)

MONDAY, 2/26

Make a list of 3 things you can do to put others first (at home, in your neighborhood, at work, at school, in your family) and share it at the dinner table.

TUESDAY, 2/27

Draw a picture or write an encouraging note and leave it in a public place for someone to find.

WEDNESDAY, 2/28

Help one of your parents or siblings with their chores.