



March Family Challenge

FOCUS ON JESUS



Let's prepare our hearts in the weeks leading to Easter. One way to do this is to give something up or add something to our day – not to earn God's love, but to help us focus more on Jesus.

"Whoever wants to be my disciple must deny themselves and take up their cross and follow me." - Matthew 16:24

TALK ABOUT IT:

- What does it mean to "deny yourself"?
- Is following Jesus always easy?
- Giving something up helps remind us that Jesus gave His life for us.



PRACTICE IT AS A FAMILY:

For one week, either...

GIVE SOMETHING UP

Examples:

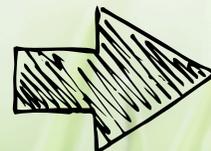
- No dessert or sweets
- No screens after dinner
- Give up complaining
- Don't play with your favorite toy

or **ADD SOMETHING**

Examples:

- Pray together each night
- Read a Bible story daily
- At dinner time, share one way you saw God at work that day

QUESTIONS ON BACK



AFTER YOUR WEEK IS OVER, ANSWER THESE QUESTIONS

What did you give up or add?

Was it hard? Why or why not?

Did it help you focus on Jesus more?

Remember...

- We don't give things up to make God love us — He already does!
- We do it to remember Jesus and grow closer to Him.



**SCAN THE QR CODE TO
COMPLETE THE CHALLENGE!**