

# FAMILY DEVOTION

## The Amazing God Diet



“Garbage In, Garbage Out! What Goes In Will Come Out!”



“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think...” - Romans 12:2

### SAY:

It’s so important for Christians to learn how to be “set apart” and different from the rest of the world.

### ASK/DISCUSS:

- What is your favorite thing to do with your friends?
- What is your favorite thing to watch on TV?
- What is your favorite movie or even video game?

### SAY:

Did you know that, as Christians, we are affected by the things we put “into” our lives? The things we watch, listen to, and even participate in can affect our relationship with Jesus!

### GAME:

Take an orange, lemon, or similar fruit and see who can get the most juice out of it (using a juicer, squeezing it, etc.). As you do this, talk about how squeezing something makes what is inside come out. The same is true with our walk with Christ - whatever we put in will eventually come out.

### ASK/DISCUSS:

- What are some good things we could put into our lives to help us become set apart for Jesus?
- What are some changes we/you should make to improve in this area?

### PRAY:

Ask God to help your children become more aware of the things they take in that affect their relationship with Jesus. Pray that they will make wise decisions and watch, listen to, and do the right things to grow closer to Him.