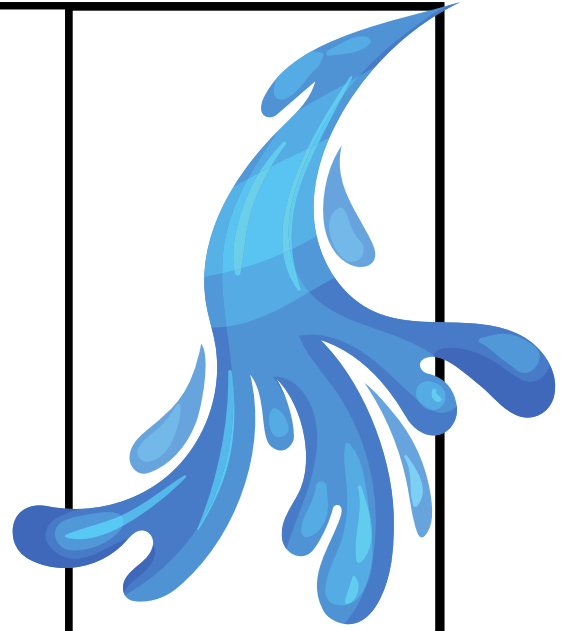




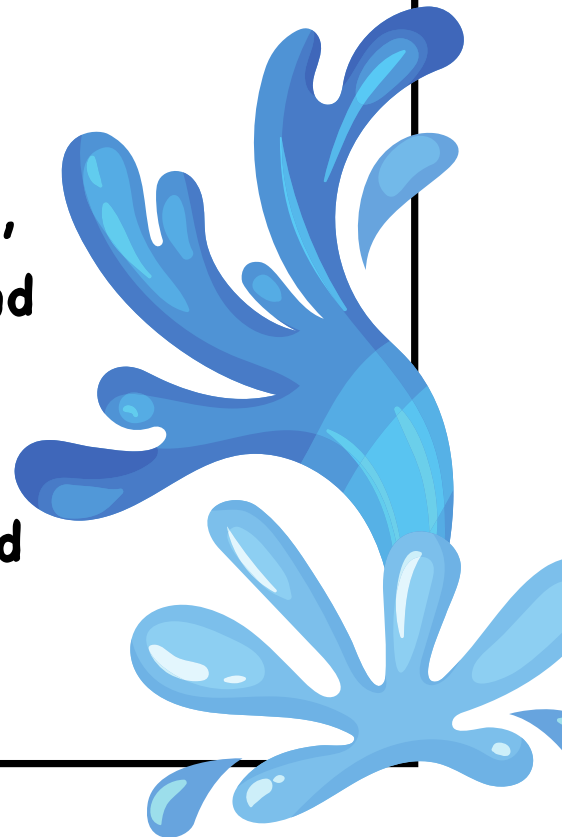
**CPC Kids 2022
Consecration**
January 9- January 30



EMPTY. FILL. POUR.

2 Chronicles 7:14

**If my people who are called by name,
shall humble themselves, and pray, and
seek my face, and turn from their
wicked ways: then will I hear from
heaven and will forgive their sins, and
will heal the land.**



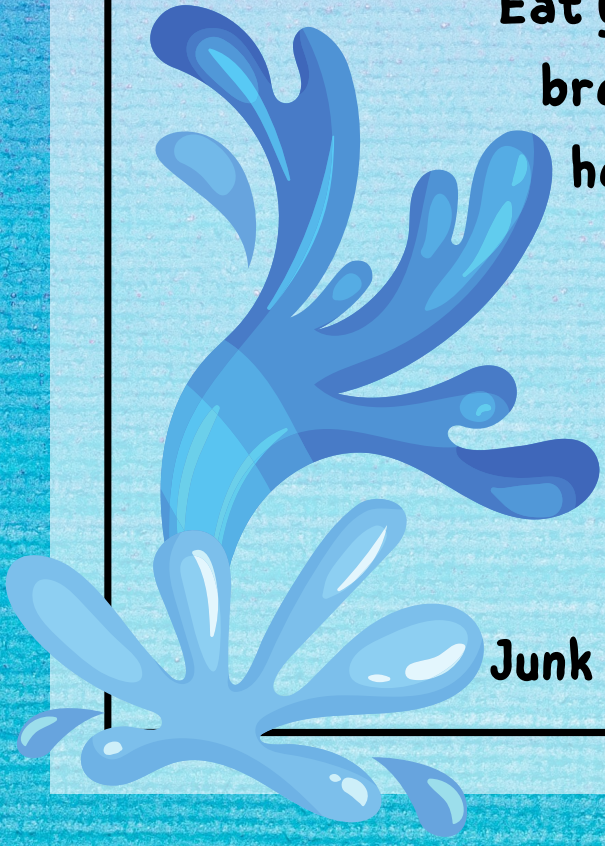


Prayer

Every Night @ 7:00 PM



What to Eat



Eat your regular three meals a day:
breakfast, lunch, dinner. Choose
healthy snacks such as fruits,
vegetables, crackers etc.

Avoid:

Sweets

Desserts

Pop

Junk Food: Chips, candy, cookies etc.

empty ~ verb

remove all the contents of (a container).

EMPTY.

Often times when we think about the word empty, happy thoughts don't usually come to mind. We tend to think about being hungry and having an empty belly or being bored in an empty room with no toys/games, or being lonely in an empty house. So why would God want us to be empty?

Well sometimes God asks us to be empty so we can be ready and open to God! Have you ever tried to take a bath with a bath tub full of dirty water? Yuck! Normally every time you finish with your bath you empty the tub and clean it so it can be ready to be used again. Sometimes our hearts, minds, spirit and body gets filled with too many negative thoughts, sadness, and bad behaviors that it makes it hard to trust, hear, and ultimately be used by God.



Ways to Empty

- **Turn Off TV**
- **Power Down the Cellphone or other Electronic Devices**
- **Eliminate sweets and Junk food**
- **Get Rid of Toys and Clothes not in use**
- **PRAY**

God can not fill us with love, joy, peace and blessings when our hearts and minds are filled with video games, movies, Youtube videos and tik-tok dances. Take some time out this week and empty yourself to get ready for something **NEW** and **FRESH!**



Directions: Finish the prayer!

Dear God,

Thank you for being my Lord and saving me . I know through Christ I can do all things! Help me to get rid of _____ and stop doing _____. Dear God, help me to work on fixing _____ so I can be ready for whatever you have for me.

Lord I repent of my sins, my wrong actions, my negative behaviors, and attitude. Wash me of my sins and cleanse me. Thank you Lord for the strength and the grace to start again, and try to do better everyday. Help me to do your will.

Thank you for _____ and _____. I ask these things knowing you are a God who can help me with all that I ask and I put my total faith and trust in you!

Amen!

FILL.

fill ~ verb

cause (a space or container) to become full.

Ultimately we want God to fill us with his spirit so we can show the fruits of the spirit: love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.

Have you noticed yourself being more grouchy, mean, or sad? Have you been getting in trouble a lot more lately? Maybe you are lacking his spirit and need a fresh fill. Its like having a water bottle and then taking it outside while you play. The more your run and play the more you need a drink, and eventually your water bottle will become empty and you need a refill.

Ask God to fill you with his spirit during this week! Ask him to reenergize you, give you the strength to not give up and keep going, keep growing, keep learning, and living. When we spend time in the bible and coming to church and even listening to worship music it does just that; it fills you!



Galatians 5:22-25.



Ways to Fill

- **PRAY**
- **Read your bible**
- **Listen to praise and Worship**
- **Spend time thinking about God**

Dear God,

Thank you for being my Lord and saving me . I know through Christ I can do all things! Fill me with your

-----.

Lord I pray that your spirit lives within me, that your love, peace, and self control abides in me.

When I feel sad about

----- help me to feel your love and joy.

Instead of thinking about----- give me peace and pure thoughts.

Instead of getting mad about----- help me to -----.

Thank you for----- and -----.

I ask these things knowing you are a God who can help me with all that I ask and I put my total faith and trust in you!

Amen!

pour ~ verb

flow rapidly in a steady stream.

POUR.

Now that we have been emptied of all the bad stuff, and filled with the good we are ready to pour out his spirit that is within us to help others.

Did you know life is not just about you and what you need and want? God has called us to help others and spread the Good news about Jesus and how he can save all people. Your friends, families, classmates are going through issues and problems at school and home too! When we show people kindness, gentleness, love, joy and pray for them we are sharing Gods love and spirit.

Luke 6:38



Ways to Pour

- **Be Kind to those Around you**
- **Invite someone to church**
- **Speak up against bullying and bad things happening around you**
- **PRAY for other people who need help**
- **Tell your friends about how Jesus can save and help them**

When you ask someone to pour you a glass of juice you want a large amount not a small swallow. When God pours out his spirit and blessing to us he does so generously! So we should do the same when we pour into others through acts of service, and love.

Dear God,

Thank you for being my Lord and saving me . I know through Christ I can do all things! Jesus pour out your spirit until I overflow! Let your light shine in me so I may help others.

Lord I pray for my family, help them

-----.

I pray for my teachers, help them

-----.

I pray for my school, help the students

-----.

I pray for this world, help us -----.

Thank you for ----- and -----.

I ask these things knowing you are a God who can help me with all that I ask and I put my total faith and trust in you!

Amen!