**Relationships Require Sacrifice**

For this week give up one thing that is a time waster.  It could be social media, TV, hanging with Friends, talking/texting with friends, surfing online, etc. , but give up something that costs you something! (So if you rarely watch TV, don’t choose to give up TV!) Replace the time eater with doing something to increase your spiritual growth – study the Word, spend extra time in prayer and worship, develop some goals. You know what you need! Write about your experience (for example, was it difficult? Was it easy? What did you learn about yourself and your use of time? Did God teach you anything? How can you apply these lessons to your everyday life? etc.)

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