Sacrifice
What does the word ‘commitment’ mean?

Commitment (noun): A commitment is a promise to give your time and energy to something you believe in.
Commitment Recap

How have you shown commitment this week to the goal you set yourself?

Using the My Journey to Success Differentiated Activity Sheets, revisit the commitment you made and fill in the Week 3 section.
Giving Something Up- Have you ever given up something?

- I gave up fizzy drinks because they are not good for my teeth.
- I have given up biting my nails so that I can wear nice nail polish.
- I don’t drink coffee anymore because it gives me a headache.
Giving Something Up

I gave up chocolate for Lent last year. I did it to remind me that Jesus gave up food for forty days and forty nights in the wilderness.

I gave up eating pork when I converted to Islam because it is not allowed, according to my holy book.

When I decided to try and become a better Sikh, I gave up cutting my hair. This is what Guru Gobindh Singh commanded Sikhs to do.
Lots of religious people give up things as a commitment to their faith.

The things they give up might be for a short time or forever.

They make a sacrifice as a sign of their commitment to their faith.

**Sacrifice:**
To give up something which is valuable to you. A sacrifice is made for your own good or the good of someone else.
What Are the Benefits?

A sacrifice is something that you give up which is valuable to you. You give it up for your own good or the good of someone else.

I am going to sacrifice eating sweets to make sure that my teeth stay healthy.

Take a moment to think and then talk to your partner:
What are the benefits of making this sacrifice?
I am going to sacrifice eating sweets to make sure that my teeth stay healthy.

The benefits of making this sacrifice could be:

✓ not having to have fillings or replacement teeth, which will cause you less pain;
✓ saving the money you would spend on sweets and spending it on something useful or giving it to charity;
✓ feeling healthier and having clearer skin;
✓ not having to spend as much time or money at the dentist and doing something more enjoyable instead;
✓ not producing as much litter, which is better for the planet.