

FASTING



TEACHER PROMPTS |

(PICK ONE OR TWO PROMPTS WEEKLY TO TALK ABOUT)

- Read and talk about the story of Esther: Focus on the reason she fasted (full fast). Ester 4:15-17
- Ask the Holy Spirit to reveal to you one or more food/item(s) you could set aside and eliminate for a designated amount of time, in order to help you connect with God. Share your item and plan.
- Read and talk about the story of Daniel: Focus on the reason he fasted (partial fast). Daniel 1:8-16
- Ask Holy Spirit what to name your next fast and a scripture to stand on while fasting.



PRAYER | LORD, GIVE US A HEART TO WANT YOU MORE THAN ANYTHING ELSE. REVEAL THE THINGS THAT WE NEED TO LET GO OR REMOVE. TEACH US YOUR WAYS OF FASTING THAT WE MIGHT KNOW YOU.

ADORATION



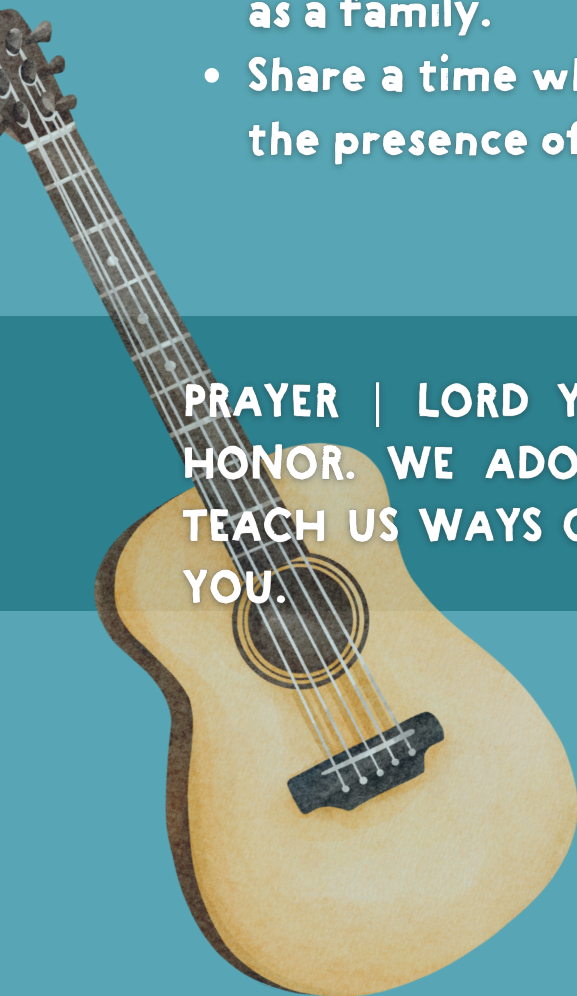
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- Using a sheet of paper or journal, write a song of adoration to God
- Make a list of your favorite worship songs, then pick one to listen to or sing.
- Use an instrument to show your adoration (if you don't have an instrument be creative: pots, bowls, spoons, chop sticks, straws, dusty guitars, and hoot hoots)
- Put worship music on and individually write a letter to God. Share a portion of your letter and read them aloud as a family.
- Share a time when you were singing a song and you felt the presence of God.



PRAYER | LORD YOU ARE WORTHY OF ALL PRAISE AND HONOR. WE ADORE YOU AND LOVE YOU HOLY SPIRIT. TEACH US WAYS OF ADORATION THAT WE MIGHT KNOW YOU.



MEDITATION



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- Select a scripture that easily comes to mind. Look it up, reflect on each word, then ask the Holy Spirit to speak to you and reveal what He wants to teach you.
- Pick a scripture that you can make a declaration? Create posters of your declaration, decorate it and hang it in your home.
- To help you memorizing scripture, take a verse(s) and create songs or a jingle.
- Take a few deep breaths, sit quietly, invite the Holy Spirit to help you ponder the works and deeds of the Lord in your life. Psalms 77:12. Share what the Holy Spirit had you think about.

PRAYER | WE REJOICE IN YOU LORD, YOUR WORD IS LIKE SWEET HONEY TO MY LIPS. MAY MY THOUGHTS BE PLEASING TO YOU. TEACH US YOUR WAYS OF MEDITATION THAT WE MIGHT KNOW YOU.



SOLITUDE

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- Take a moment to practice silence for 2 minutes, while asking the Holy Spirit to speak to you. Then share what you heard.
- Where do you like to find solitude? Describe the location, time, ambiance, sounds, etc.
- Read and discuss what Matthew 6:6 says about solitude.
- Create a list of things you can do to create opportunities for you to be alone with God tomorrow.
- If you could travel anywhere to be alone with God, where would you go? Share and explain why you selected that spot.

PRAYER | LORD, YOU ARE OUR HIDING PLACE. WE SEEK YOUR FACE AND LONG TO BE WITH YOU. TEACH US YOUR WAYS OF SOLITUDE THAT WE MIGHT KNOW YOU.



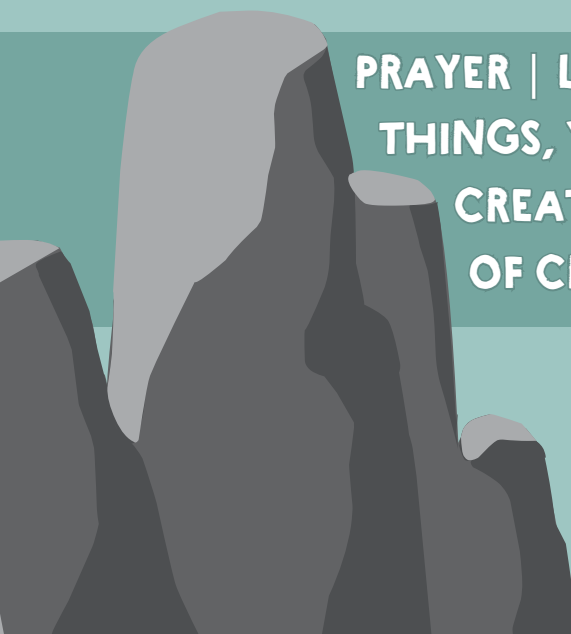
CREATION



TEACHER PROMPTS |

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- When you leave church today look for the handy work of our creator, Father God. You can take a moment to look at the unique details of tree, plant, or bush and thank God for caring about every detail!
- Make a list of locations you would like to explore (parks, trails, lakes, etc.) and ask your parents to take you there so you can connect with God through creation.
- When you get home, go in your backyard/balcony and close your eyes and listen to the sounds of his creation and feel the air around you.
- Identify something in creation that interest you. Do a quick internet search to learn about it.
- When you get home, take a closer look at you family pet. Observe the unique details that God used to create them (eyes, nose, etc.)
- Take moment to draw a picture of nature.



PRAYER | LORD WITH YOUR WORD YOU CREATED ALL THINGS, YOU HAVE KNITTED ME TOGETHER AND CREATED MY INMOST BEING. TEACH US YOUR WAYS OF CREATION THAT WE MIGHT KNOW YOU.

EXPRESSION

- USING YOUR FAVORITE WORSHIP SONG, CREATE BODY MOVEMENTS THAT CORRELATES TO THE WORDS OF THE SONG.
- ASK THE HOLY SPIRIT WHAT HE WOULD LIKE YOU TO DRAW
- USE PLAYDOUGH TO CREATE A CHARACTER OR EVENT FROM THE BIBLE
- USING SIDEWALK CHALK, CREATE A MURAL THAT SHOWS OTHERS THE LOVE OF GOD.
- CREATE (WRITE) A STORY ABOUT HOW GOD REVEALED HIMSELF TO YOU OR SOMEONE YOU KNOW.
- DISCUSS HOW YOUR FIVE SENSES - SIGHT, SOUND, SMELL, TASTE AND TOUCH CAN HELP YOU ENCOUNTER GOD.
- COOK A MEAL - CREATE A FAMILY RECIPE TOGETHER AND TALK ABOUT HOW WE ARE HIS TEMPLE AND WE CARRY HIS PRESENCE.
- GET A BLANK PIECE OF PAPER AND ASK HIM WHAT HE IS SPEAKING TODAY. WRITE, DRAW, OR SCRIBBLE IT DOWN AND PROCESS WITH HIM THE IDEAS THAT HE HAD YOU PLACE ON YOUR PAPER. SHARE WITH SOMEONE, WHAT HE REVEALED TO YOU.

PRAYER | LORD, WE THANK YOU FOR GIVING US CREATIVE WAYS (WRITING, DRAWING, PAINTING, DANCING, CREATING, ETC.) TO CONNECT WITH YOU. TEACH US YOUR WAYS OF EXPRESSION THAT WE MIGHT KNOW YOU AND ENCOUNTER YOU.