

FASTING DEVOTIONAL



By Hope Church

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"But as for me and my house, we will serve the Lord."

Joshua 24:15 (ESV)

LIE TO FAST

What I speak over friends, family and my home really doesn't matter.

TRUTH TO FEAST

The words out of my mouth are powerful, and that includes what I speak over those whom God has placed in my life.

JOURNAL PROMPT

Proverbs 18:21 ESV "Death and life are in the power of the tongue and those who love it will eat its fruit." Setting aside time with your family & community brings consistent connection. Take time to connect and become your community's greatest encourager. See them through the eyes of hope and prayer. Then share with them what you see and continue to pray that over them. For a prompt, pray Galatians 5:22-23 over each member of your family: Lord, I pray that I would walk in LOVE- in how I show love and speak love today. I ask that JOY would be in our home, laughter would fill the walls, the halls, over the dining table, in our bedrooms, in our spirits: we would grow in laughter. I ask for PATIENCE to lead us. Help me to be patient with myself, my friends, my family, my boss, my neighbor...(and continue with each fruit of the spirit)

LET'S GROW TOGETHER

Spend the next 21 days growing personally and as a community with our activity & resource list!

ACTIVITIES

- Dust off the books & read
- Play board games
- Start a new Bible study
- Create a prayer journal
- Cook dinner with friends or family
- Take a family walk
- Get crafty (Pinterest optional)
- Call someone you miss
- Exercise & get moving
- Organize and declutter your home
- Write encouraging notes & mail them
- Invite friends over for dinner
- Build a fort
- Paint or draw with friends or family
- Listen to an audio book
- Make homemade ice cream
- Send care packages to the sick
- Make a gratitude list
- Put a puzzle together
- Create a 2023 dream board

RESOURCES for kids

Indescribable
by Lou Giglio

How Great Is Our God
by Lou Giglio

The Wonder of Creation
by Lou Giglio

The Moments with Jesus
by Bill Johnson

Jesus Calling Family Devotionals
by Sarah Young

RESOURCES for everyone else

The Rewards of Fasting
by Mike Bickle

How To Pray
by Pete Greig

Fasting
by Jentezen Franklin

For more resources
visit - hopechurch.net/fastingwithhope

