

CBC STUDENTS

FAMILY DISCIPLESHIP GUIDE

January 8th & 9th

Happy New Year! Welcome to the first week of our family discipleship guide. Our hope and prayer is that this year would be one that your family looks back on as a year you all became more like Jesus.

This weekly guide will champion you as parents to lead your family to be the good news of Jesus in every place, beginning in your home.

The goal is to provide you a template for conversation around the dinner table or whenever you have spiritual conversations and to connect Pastor Ed's message to your every day lives.

Soul Detox: Prayer and Fasting

There is no better way to start the year than to come together as a family for prayer and fasting for 21 days.

If you knew that 21 days of fasting would lead to 344 days of feasting, would you do it?

Celebrate: Have some fun!

- What are you looking forward to the most in 2022?

Accountability: We're in this together.

- What is one area that you want to look more like Jesus in 2022?

Listen: What does God's Word say?

- Read Matthew 6:16-19.
- What is the purpose of a fast? *Give up something good (external) for God to do something greater (internal)*
- Why does fasting matter to God? *It moves our will to align with His will*
- What is the connection between fasting and praying? *You can pray without fasting, but you can't fast without praying*
- How does fasting change your relationship with God? *Depend on God, deepen time with God, and delight in God*

Live It Out: What is God saying to me?

- What is one thing your family will pray for during this fast?
- What will you give up for 21 days to be reminded of this prayer?

Equip: Take it further.

- Memorize Matthew 6:19-21 this week.