



Welcome to Week Three of Faith @ Home!

Young people asked us to create these Bible studies which could be used throughout the November lockdown. We will be posting them on Instagram on Mondays, Wednesdays and Fridays. However, if a young person does not have access to Instagram then please pass this document onto them. They can be used individually or you might even like to use them as a family! **Day 3 of each week is designed especially to be used as a family** if you think this would be helpful! You might like to find a time on a Friday evening or over the weekend to work through the third session with it's reading, video and discussion questions.

Day One (Monday/Tuesday)

READ:
Matthew 6:5-8
 As you read, ask yourself:
 What do you think a good prayer life looks like?

WATCH:
 "Faith @ Home Videos" Link in bio

ACT:
 Find some time to go behind closed door and just chat with God about what is going on.

Day One: Secret & Silent

Day Two (Wednesday/Thursday)

READ:
Matthew 6:9-15
 As you read, ask yourself:
 How does the order of the Lord's prayer help prioritise our prayers?

WATCH:
 "Faith @ Home Videos" Link in bio

ACT:
 Have a go praying through the Lord's prayer using one line at a time and then spring boarding into your own prayers.

Day Two: The Template

Video link: <https://youtu.be/mEUaYORJ-BI>

Video link: <https://youtu.be/Fb9ju-bnlmY>

Day Three (Friday/Weekend)

Video Link: https://youtu.be/cH_uXLHX-1o

Day 3 can be done with family or friends if you like!

READ:
Matthew 6:16-18

WATCH:
 "Faith @ Home Videos" Link in bio

DISCUSS & DO:
 Questions & Activities in description!

Day Three: Fasting

Discuss:

- (1) What are you really hungry to see God do in your life?
- (2) Why is fasting one of the practices Jesus teaches his followers about? Why is it important to him? What does it do for Christians?
- (3) What would be the challenge?
- (4) What would be the best approach to getting started in the practice of fasting?

Do// You might decide you want to give this a go? You might fast from screens for an evening to connect as a family and make time for prayer? You might like to have a go at skipping a meal and donating its ingredients to the food bank instead? You could use that time to pray for those worldwide who go hungry.