

## Welcome to Week Three of Faith @ Home!

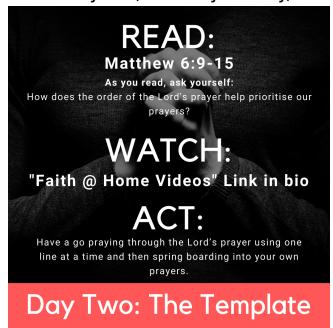
Young people asked us to create these Bible studies which could be used throughout the November lockdown. We will be posting them on Instagram on Mondays, Wednesdays and Fridays. However, if a young person does not have access to Instagram then please pass this document onto them. They can be used individually 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)



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

Day Two (Wednesday/Thursday)



Video link: https://youtu.be/Fb9ju-bnImY

Day Three (Friday/Weekend)



Video Link: <a href="https://youtu.be/cH">https://youtu.be/cH</a> uXLHX-10

## **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.