



# LIVE THE STORY

## week six

This week with our 'live the story' we are focusing on Jesus' example prayer and the spiritual discipline of fasting.

### PREP:

For each member of your family, print out a hand prayer. (or another one you think would be a good fit for your family from this QR code:



### EXPLAIN ACTIVITY:

Pray with your family everyday this week. If this is already a common practice for your family together, make a specific time separate from the norm to pray together. You can use one of these guides to pray through. Take turns. It may be hard or uncomfortable for some and that's ok! Try starting with one word prayers.

Another practice your family could do, is to fast from something you crave (food, sweets, video games, electronics, social media, anything but water, etc.). Whenever you crave that thing throughout the day, let that serve as a reminder/encouragement to *pray like it all depends on God!*

### QUESTIONS & COMMENTS AFTER:

- What are some new ways you have learned how to pray that you could add to your life regularly?
- What can we do as a family to remember to keep putting these things into practice?
  - How did your fast go?

### PRAY OVER IT

