

Daily Reflection

5 Quick Takes on Fasting

3/27/20

As a family take some time together to reflect on and share your answers to the following questions:

1. The discipline of fasting helps us recognize where our attachment to things (like TV, Roblox, food, etc.) might be out of balance. What are some areas in your life where you struggle with that balance? What could you do in these final days of Lent to fast from some of these areas?
2. Take a moment and reflect on what you have chosen to give up for Lent. How has giving up that activity or thing helped draw you closer to Jesus this Lent?

Walking the Walk

Have each member of the family reflect on one thing that they absolutely love to do the most in their life. Then have each family member choose one day (before Easter) and give up that thing entirely for that day. Families can make a chart of who is giving up what on specific days so that they can pray for each other and help hold each other accountable.

Daily Prayer Focus

“Even now,” declares the LORD, “return to me with all your heart, with fasting and weeping and mourning.” (Joel 2:12)

