

Family Guide for 21 Days of Fasting and Prayer

Introduction

Welcome to our 21 Days of Fasting and Prayer! This season is a powerful opportunity for families at Evangel Church to grow together in faith, experience God's presence, and be *altered* by surrendering our lives at the altar. Whether you have young children, teens, or grown children, this guide will equip your family to engage intentionally and experience transformation across generations.

As we journey together, let's remember that we are living to leave a spiritual inheritance for the next generation. Our actions, prayers, and faith today can create a legacy of godliness that impacts our families and communities for years to come.

Pastor Carrie Farag
Next Gen Pastor

Tips for Intentional Family Engagement

- 1. Set a Family Rhythm:**
 - Choose a consistent time each day to pray and reflect together as a family.
 - Incorporate fasting in a way that's age-appropriate for everyone. For example:
 - Kids: Give up a favorite snack or screen time.
 - Teens: Fast from social media or specific meals.
 - Adults: Choose a full or partial fast that aligns with your spiritual goals.
- 2. Create a Family Altar:**
 - Dedicate a space in your home for prayer and reflection. Include a Bible, devotional materials, and space for journaling or drawing (especially for younger children).
- 3. Equip Parents to Lead:**
 - Use the daily questions and themes to guide conversations.
 - Be open about your own fasting and prayer experiences to model authenticity and faith.
- 4. Make it Multigenerational:**
 - Encourage everyone in the family to participate in their own way. Even the youngest can join by sharing what they're learning or drawing pictures about the theme.
 - Discuss how each person's unique perspective contributes to the family's spiritual growth.
- 5. Celebrate Wins:**

- Share moments when God answers prayers or when someone experiences a breakthrough.
 - End each week with a time of gratitude and celebration.
- 6. Focus on Spiritual Inheritance:**
- Talk about how the choices we make during this fast—to pray, surrender, and seek God—can leave a lasting spiritual legacy.
 - Share stories of faith from previous generations and discuss how your family can continue building on that foundation.
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Family Discussion Questions

Below are daily questions connected to the devotional themes to help your family reflect together. These are designed to work for all ages—encourage creativity and openness!

Week 1: At the Altar of Surrender

1. What does it mean to surrender something to God? What can we each surrender today?
2. How does remembering God's mercy help us trust Him more?
3. What is one area of your life that God might be asking you to place on the altar?
4. How can we encourage each other when fasting feels difficult?
5. What's one thing we can do today to worship God as a family?
6. How can fasting and prayer help us see God more clearly?
7. Share one way you've felt God working in your heart this week.

Week 2: At the Altar of Transformation

8. What's one thing in your life you'd like God to change?
9. How does being in God's presence help us become more like Him?
10. Who in your life needs to see God's love? How can we pray for them?
11. What's one way you can serve someone this week to reflect Jesus?
12. How does God's Word renew our minds? What verse stands out to you today?
13. What does it mean to live as a "living sacrifice" for God?
14. Share one thing you're thankful for during this season of fasting.

Week 3: At the Altar of Mission

15. How can we live on mission as a family this week?
16. What does it mean to share God's love with others? How can we do that today?
17. What's one thing God has taught you during this fast?
18. How can we pray for the needs of people in our community?
19. Who can we invite to join us in prayer or church this week?
20. How does knowing Jesus change the way we see others?
21. What's one way we've grown closer as a family during these 21 days?

Engaging Across Generations

- **For Kids:** Use creative approaches like drawing, storytelling, or role-playing to explore the daily themes.
 - **For Teens:** Encourage them to journal their thoughts and share insights during family discussions.
 - **For Adults:** Lead by example in fasting and prayer, and facilitate meaningful conversations.
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Closing Encouragement

As we walk through these 21 days of fasting and prayer, let's remember that God is at work in each of us. Families who pray together grow together, and we believe this season will alter not just our individual lives but our family dynamics as well. Let's surrender, be transformed, and live on mission for God's glory.

Let's also keep our eyes on the legacy we're building. By living to leave a spiritual inheritance, we ensure that our faith journey impacts not only our immediate family but generations to come.

We can't wait to hear the stories of how God moves in and through your family!

Scripture for the Journey:

"Offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship." – Romans 12:1 (NLT)