
FAITH @ HOME

WEEK OF JANUARY 24, 2021

Some ideas for continuing to consider fasting and temptation through the week.

*Parents with littles – if you just need one or two ideas, the **don't-miss-ideas for young kids** are in green*

Consider reading Luke 4:1-4 in several translations this week.



To comply with copyright laws covering this week's resources, please find the **activities and conversation starters** are in the files section of the West Hills Parents FaceBook group. If you are not a parent or are not on Facebook, please send an email to jessica@whcomaha.org to have the file with activities and conversation starters sent directly to you.

West Hills Parents Facebook Group:

<https://www.facebook.com/groups/1041917572667574>

All-ages fasting conversations and activities include:

- **Conversation starter questions (What's important to you?)**
- **The Empty Cup activity**
- **What is fasting? Why would we do that?** This brief explanation is written in a kid-friendly way but is helpful for adults beginning to fast, too!
- **The Empty Sponge activity**
- **Fasting Cups** – A "Give up, fill up" activity for kids and teens to use for participating in a non-meal fast

Spotify Playlist for Next Steps sermon series:

<https://open.spotify.com/playlist/OFTJK5MPWehsTWchm6wgIf>