



# FASTING FOR ADVANCEMENT

## Family Devotional/Adult & Teen Discussion Guide

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JANUARY 6, 2019

**1. PRIMARY STATEMENT:** A fast is a special season of setting yourself apart and reaching out to God. It's more than just a routine or tradition - fasting is for special times and special needs.

## 2. BIBLE VERSE:

2 Chronicles 20:1-3 [NLT]

*"After this, the armies of the Moabites, Ammonites, and some of the Meunitesa declared war on Jehoshaphat... Jehoshaphat was terrified by this news and begged the LORD for guidance. He also ordered everyone in Judah to begin fasting."*

Jehoshaphat was in a dire circumstance - something that was beyond his ability to fix, and he responded by seeking God's help in a special way. Whether it's oppression, danger, hardship, or even a new season of opportunities you're facing - when the moment is bigger than you, fasting is the right way to respond.

Q . What are the challenges, hardships or decisions in your life right now which are too big to be addressed by your strength alone?

Q . Have you fasted before? What prompted you to do it? How did God respond?

## 3. DISCUSSION:

2 Chronicles 20:3-4 [NLT]

*"Jehoshaphat was terrified by this news and begged the LORD for guidance. He also ordered everyone in Judah to begin fasting. So people from all the towns of Judah came to Jerusalem to seek the LORD's help."*



Fasting isn't a badge of honor you wear to feel holier, or a magical ritual that makes God do your will. Fasting is a way to put yourself in a position of humility and dependence, while you wait on God's guidance, provision, protection, and blessing.

Q . As you begin this fast, what do you want the Lord to do for you?

Q . How is fasting different than normal times of prayer? What change does it make in you?



## 4. PRAYER FOCUS

Take a few minutes as you begin this season of fasting, and reaffirm your submission to God and your reliance on Him for help. Ask Him specifically what you need, and thank Him in advance for His answer.



# LIFE IS A HIGHWAY: ONE WAY

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**1. POWER VERSE:** John 14:6 *"I am THE WAY, the truth, and the life. No one can come to the Father except through me."*

**What's up: "God's Son Is The Only ONE WAY To Heaven!"**

**This week, we start a brand new series called, "Life Is A Highway". In this series, we'll learn that life is a lot like a highway. The Bible says that there are two roads that we can choose to travel on. One leads to life in Heaven forever and one leads to sin and death. We have to make sure we are on the road that leads to Heaven.**

### 2. ACTIVITY:

Draw a horizontal line with a large circle at the right end of it across the middle of a piece of paper. Label the line "Jesus" and in the circle, write the word "Heaven." Show the paper to your children and tell them that they're going to help you draw a life map.

Ask them to name some of the things they'll encounter during their lives that might influence them, either positively or negatively. For each suggestion they make, draw a side road off of the horizontal road and label it. Some of the side roads might be friends, school, sports, drugs, money, alcohol, work, spouses, children, etc.



### 3. DISCUSSION:

Q. Some things we listed are always bad influences. What are they?

Q. Some things we listed can sometimes be good influences and sometimes bad. What are they? Why?

Q. Can following any of those things get you to Heaven? Why not?



Throughout life, things will come along, both good and bad, that might distract us or cause us to lose sight of our true destination - Heaven. Some of those things may be exciting or seem good at the time, but they won't get us to Heaven. The only way we can stay on the highway to Heaven is to maintain a daily relationship with Jesus.



### 4. PRAYER FOCUS

**Pray that God would help your children to stay focused on the highway to Heaven and to live their life so others will see the difference in them.**