



This Week

- Watch this [video](#) and read weekly habit #3, Fasting.

Next steps

- Reflect on what you might seek to fill your emptiness with (food and other comforts)
- Pick something to fast from in light of your reflection (e.g. sugar, meat, alcohol, social media, etc.)
- Choose a time period during the week (sun up to sundown, skipping a meal, etc.)
- Do it as a family, a group of friends, or a community group!

Check in questions with your partner/group (during off weeks)

- What challenges did you come across as you tried to implement the habit?
- What did you learn about God and yourself through the process?