

Habits of Grace

BINGO BOARD



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Week 2: Fasting and Prayer

| BINGO | | |
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| Family Prayer Time | Prayer Journal | Prayer Deck |
| Prayer Jar | Family Fast | The Lord's Prayer |
| Index Card Prayers | Pray A-Z | Prayer Around the World |

Descriptions can be found on the back of this page

Week 2: Prayer & Fasting

FAMILY PRAYER TIME

- Play worship music quietly in the background. Pray together as a family, allowing the Holy Spirit to guide this time.

PRAYER JOURNAL

- As a family, pick out a “prayer journal”. Take a few minutes at bedtime or dinner time to take turns writing in the journal- adding requests, writing out a prayer, drawing a praise from that week, etc.

PRAYER DECK

- Make your own deck of prayer prompts to pass out at dinner, after breakfast, or at bedtime. Each family member can say a short prayer using the prompt on their card.

PRAYER JAR

- Find a jar (or other container) and decorate it as a family. Take the jar and fill it with names of people in your family and/or community, using craft sticks or pieces of paper. Each night, draw a name out of the jar and as a family pray for that person.

FAMILY FAST

- Pick one thing the whole family can fast from together each day this week. You could choose to fast from watching TV, having dessert, or playing video games. The practice of fasting should be age-appropriate and attainable! During your fast, spend some time each day focusing on God. Stop and say a prayer together, read Scripture, or focus on things each of you are grateful for. Use the time to not just remove something, but to add to your family’s spiritual life.

THE LORD’S PRAYER

- Memorize the Lord’s Prayer together. Write down the passage and check off each line as you memorize it as a family.

INDEX CARD PRAYERS

- Family members can write (or draw- for younger ones) prayers for one another on an index card or similar style paper.

PRAY A-Z

- As a family, pray through various issues your community, your family, friends, relatives, and others are facing. For your prayer time, go on a walk as a family and pray A-Z during your walk, with each prayer topic/prompt starting with that letter. You can find some prayer prompt card ideas at thechapel.com/habitsofgrace.

PRAYER AROUND THE WORLD

- Get a world map or globe. As a family, choose a place on that map or globe, research a little bit about that location, and pray for the people that live there. Write the date and what you prayed for on a sticky note and stick it to the map. Take time at least twice a week to choose a location and repeat the previous steps. Try to fill up your map!