

DAY 6

READ:

Together as a family, read Jeremiah 2:13, John 7:37-38 and Isaiah 55:6-7.

Sometimes we look to things in the world to make us happy, but they don't really satisfy us. During fasting, we practice turning away from empty things and turning toward Jesus, who is full of life, mercy, and love. Jeremiah reminds us that chasing other things is like drinking from empty wells, while Jesus invites us to come to Him and drink deeply of what truly satisfies—a life centered on Him and knowing Him more.

DISCUSS:

1. What are some things that take up a lot of our time or attention?
2. How can we make more room for Jesus in our lives?

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PRAY:

(Pst...Parents can lead this and kids can repeat if they want.)

Heavenly Father, thank you for giving us what we need. (pause)
Sometimes we get distracted by other things. (pause)
Help us want you more than anything else. Amen.