



PSALM 146

verses 1-2, 5-7, 9-10

Praise the Lord.

Praise the Lord, my soul.

**I will praise the Lord all my life;
I will sing praise to my God as long as I live.**

**Blessed are those whose help is the God of Jacob,
whose hope is in the Lord their God.**

**He is the Maker of heaven and earth,
the sea, and everything in them—
he remains faithful forever.
He upholds the cause of the oppressed
and gives food to the hungry.**

**The Lord reigns forever,
your God, O Zion, for all generations.**

Praise the Lord.





PRACTICING FASTING:

Before you commit to how you will practice fasting this week, pray:

"God, as I go without for this period of time, awaken my mind, body, and soul to my deep hunger for You. Meet me in this practice that through it I might commune with you more fully. I acknowledge that my greatest need is You. Amen"

Consider choosing a specific meal to give up every day or a couple meals for one day. Or, perhaps set aside an evening to be "tech free" or free of something else that you use or buy to fill your hunger.

Spend that time reflecting on Psalm 146. What word or phrase stands out to you in this Psalm? Write or draw about your experience.

We suggest that as you fast, 1) Set a time to intentionally pray and reflect on scripture. 2) Remove any other distractions that might impede on your time.

Don't feel pressure to fill your hunger. Ask God to fill you with his presence.

CONNECT & SHARE:

Share about your experience over the last week in your practice. Some things you might share:

What ideas did you try (from the suggestions or consider sharing another idea for your group).

What worked well for you?

Can you articulate how it felt to be open to God's work in your life as you opened yourself up to this practice?