

THRIVE AT HOME - BOLD – WEEK 2

You are invited to participate in Thrive's annual 21 day fast running Jan. 5th-26th. Fasting is a powerful time to disconnect from the physical world and focus on your connection with God. It's not done out of obligation or punishment but as a gift to reset our heart and soul. Whether you choose to fast something or not, you are invited to take part in the Bible plan below to reflect on scripture and pray intentionally to launch our year together! Check Thriveny.org/connect to get the Youversion app with daily videos that go with this. You'll also find a worship playlist!

Sunday – Ezekiel 33:7

God told Ezekiel, "I have made you a watchman." That same call extends to you today. Watchmen don't just protect themselves; they intercede for others. As you close the first week of your fast, lift up your family, your church, and your community. Your prayers carry power. They stand between what is and what could be. This is your invitation to take your place on the wall, to pray until change comes.

Prayer Focus: "Make me a faithful watchman."

Prayer: Lord, make me a faithful watchman. Help me carry the burdens of others and stand in prayer for my generation.

Reflection: You're called to stand watch, not just for yourself but for others. Intercede faithfully for your family, church, and nation.

Monday – 1 Kings 19:11-12

When Elijah expected God to appear in the wind, the earthquake, or the fire, he was surprised to find Him in a whisper. God's voice is often gentle, never competing with the noise around you—it invites stillness. During your fast, quiet your soul. The Holy Spirit rarely shouts; He speaks in ways your heart must lean in to hear. Create room for silence, even for a few moments, and listen. Sometimes His whisper brings correction, other times comfort—but it always leads you closer to His presence.

Prayer Focus: "Help me hear You above the noise."

Prayer: Lord, still the noise in my heart. Help me hear Your whisper above everything else that competes for my attention.

Reflection: God often speaks softly. Silence your world to hear His still, small voice.

Tuesday – Acts 8:26-29

Philip wasn't planning to meet the Ethiopian official that day. But because he was watchful and obedient, he was positioned for a divine encounter. God still orchestrates moments like these; appointments that aren't on your calendar but are part of His plan. When you live alert to His Spirit, ordinary interactions can become eternal opportunities. Ask the Lord to help you recognize them: a conversation, a chance to serve, a name that comes to mind in prayer.

Prayer Focus: "Guide me to those You've prepared for me to reach."

Prayer: Holy Spirit, guide my steps today. Help me recognize Your divine appointments and respond with obedience.

Reflection: Philip was alert to the Spirit's leading. Stay ready for God's unexpected assignments.

Wednesday – Psalms 119:105

God's Word isn't just meant to be read; it's meant to lead. His Word is a lamp to your feet and a light to your path, showing you how to walk in wisdom and truth. As you fast, stay watchful for moments when Scripture becomes alive in your circumstances. Maybe a verse comes to mind at just the right time, or a promise reminds you to stand firm. That's God's voice through His Word, guiding you daily.

Prayer Focus: "Let Your Word be alive in me."

Prayer: Lord, let Your Word light my path. Help me live with open eyes and a heart that responds to Your truth.

Reflection: God's Word lights your path. Watch how Scripture shapes your decisions.

Thursday – Habakkuk 2:1-3

Habakkuk took his place on the watchtower to wait for God's reply. Watching requires patience. Sometimes, God's silence isn't absence, it's preparation. In seasons of waiting, your posture matters more than your pace. Stand firm where He placed you and keep your eyes fixed on His promise. The vision may take time, but it will come to pass.

Prayer Focus: "I will wait on You, Lord."

Prayer: Father, help me wait well. Strengthen my faith as I watch for Your promises to unfold in Your perfect timing.

Reflection: The prophet stood on the watchtower to hear what God would say. Waiting is part of watching; stay positioned.

Friday – 1 Thess 5:16-18

Moses' prayer was bold: "Show me Your glory." He wanted more than blessings; he wanted God Himself. When you fast, you clear the clutter so you can see His glory more clearly. God's glory may appear in ways you don't expect—a moment of peace, a breakthrough in prayer, a deep sense of His nearness. Watch for His beauty in the details of your day.

Prayer Focus: "Show me Your glory."

Prayer: Lord, show me Your glory. Let me see Your goodness in ways that awaken awe and deepen my love for You.

Reflection: God reveals His glory to those who seek His face. Fasting clears the fog so you can see His beauty.

Saturday – Psalms 141:3

David prayed, "Set a guard over my mouth, Lord." Our words reveal what's in our hearts, and fasting often brings hidden attitudes to the surface. Be mindful of what you speak today, both to others and to yourself. Words carry weight; they can heal or harm, encourage or tear down. Let your speech reflect God's heart.

Prayer Focus: "Set a guard over my mouth, Lord."

Prayer: God, guard my mouth and shape my words. Let everything I say bring life and reflect Your love.

Reflection: Your words can either bless or break. Watch what you speak—life or death is in your tongue.

FOR FAMILIES:

Unpack this past Sunday's Next Gen at home to help your kids grow in their faith! Use a talk point in the car or around the table and have fun with the activities! Your home can THRIVE this week!



MONDAY – The Adventure Begins - Isaiah 43:19 – "See, I am doing a new thing!"

Car ride/mealttime question: What's one thing about this new year that feels exciting—or a little scary?

Fun Activity: Draw a map of your home or school. Add a start point where you start your day and draw a path where you go the most often and write words like - hope, peace, joy - to remind you God is with you everywhere!



TUESDAY - Trust Walk - 2 Corinthians 5:7 – "We live by faith, not by sight."

Car ride question: When you don't know what's coming next, what helps you feel brave?

Fun Activity: Put pillows (paper, etc.) as stepping stones across the floor. Blindfold a volunteer and the one that can see has to direct them across the floor without falling. Talk about how God is always here to help when we can't see.



WEDNESDAY - God Goes With Us - Joshua 1:9 – "The Lord your God will be with you wherever you go."

Car ride question: How does knowing God goes with you everywhere change how brave you feel?

Fun Activity: On the top part of a paper, draw a heart and write: "God goes with me." On the bottom, draw or write one place you go: School, bus, practice, work, doctor, friend's house, etc. Put it on your door to remind you when you leave your house this week that God is with you!



Thursday - New Vision - Revelation 21:5 – "I am making everything new."

Car ride question: If God could make one thing feel new in your life, what would you want it to be?

Fun Activity: Draw some "adventure goggles" with paper and write or draw a way God sees you (it's positive!) Pray together at the end, "Help us see our lives with your eyes. You can make everything new!"



Friday – The Adventure Continues - John 10:10 – "I have come that they may have life, and have it to the full."

Car ride/mealttime question: What would a "full" and happy year look like for our family?

Fun Activity: Grab a backpack. Set it in the middle of the room or table. Take turns "packing" the year by naming something invisible you want more of this year and pretend to place it inside.

Examples: "I'm packing joy." "I'm packing courage for school." "I'm packing peace for our home." "I'm packing fun together." Ask your kids why they chose that word and then invite God to fill your life like the bag.

See you NEXT SUNDAY 10:15am!