

21 Days – CHANGED by LOVE

“Ever Increasing Measures of LOVE”

Example ACTIVITIES Starter Sheet

Sunday	<p><u>Worship as a family</u></p> <ul style="list-style-type: none">• Sit together as a family in worship.• Invite a family member to church that hasn't come in while.• Talk as a family today about God's word – ask questions of each other<ul style="list-style-type: none">○ What did the Lord speak in your heart during worship?○ Which part “touched” you most?○ How will we act on God's word to us?• Memorize a scripture together<ul style="list-style-type: none">○ Write down today's sermon key scripture.○ Read / repeat it together before finishing dinner○ Commit a scripture to memory each day as a family.
Monday	<p><u>Pray for your marketplace</u></p> <ul style="list-style-type: none">• Three times (3x) today pray for a co-worker, your employer, teacher, or fellow student.<ul style="list-style-type: none">○ Write down two or three names God may be leading you to pray for.○ Find an action that reminds you to pray many times today.○ Pray for blessings on them, an increase of God in them, protection from evil for them, and the Prince of Peace surrounding them.• Work towards unity in work, school, home<ul style="list-style-type: none">○ Find a way to intercede – stand in the gap for someone struggling.○ Take a practical action, as the Lord leads, to encourage, affirm or build up with your words and acts of kindness.
Tuesday	<p><u>FAST Food, Give LOVE</u></p> <ul style="list-style-type: none">• Fast a meal or a food – fast sugar foods, restaurants, lunch or dinner• Find a way to honor someone<ul style="list-style-type: none">○ Go out of your way to be kind, share a loving word○ Seek out someone that doesn't get recognized for their contributions○ Find one good thing in each person you meet & be thankful for them.• Give clothing or food to the needy<ul style="list-style-type: none">○ Gather up quality items to bless others with.○ Take a meal to a friend, neighbor, or widow or single person.○ Invite someone for dinner or lunch and be interested in them.

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Wednesday	<p><u>HELP Someone</u></p> <ul style="list-style-type: none">• Help bring healing to someone<ul style="list-style-type: none">○ Reach out to a struggling family or person○ Provide protection or serve the oppressed – be an advocate for them.• Pray for the Lost in Christ<ul style="list-style-type: none">○ Write down and pray each meal for lost family members• Comfort someone<ul style="list-style-type: none">○ Call three(3) people today to encourage them.○ Declare words of life on behalf of a hurting person – agree with the Lord regarding what the Lord would say about them.
Thursday	<p><u>Your CHOICE</u></p> <ul style="list-style-type: none">• Find God’s expectation of you• What does the Lord want for you?• Write down here what God is leading you to do: <ul style="list-style-type: none">• ALSO ABSOLUTLY No Criticism or Negative Words or Unrighteous Judgment
Friday	<p><u>Pray for Neighbors</u></p> <ul style="list-style-type: none">• Walk/drive your neighborhood – pray for God’s restoration of that area and families.• Talk to a neighbor – spend time visiting one or two neighbors. Always bring a gift! (It opens their hearts to receive from you and the Lord.)• FAST Media<ul style="list-style-type: none">○ Instead play a game with your family• Break injustice<ul style="list-style-type: none">○ Ask for an apology or give forgiveness
Saturday	<p><u>A FAMILY Cleansing Day</u></p> <ul style="list-style-type: none">• Clean your heart, home or relationships<ul style="list-style-type: none">○ Remove books, videos, CD’s that don’t draw you closer to the Lord○ Clean a closet, a room, or a bookshelf○ Repair a broken family relationship with a card, letter or phone call.• Do a family activity.<ul style="list-style-type: none">○ Play a game, go for a family walk, make a meal together.○ Bake cookies as a family.• Repair relationships<ul style="list-style-type: none">○ Identify and commit to improving one characteristic in your heart toward each family member.○ Take a son or daughter, spouse or parent on a “date”.

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Testify by telling what God has done for you and through you during this fast! Write your progress for each day below.

CALL us at the church office with you report: 773-1220 EMAIL us with your testimony at: PRAISE@OakCrestMinistries.org

FACEBOOK us with your story at our GROUP page: OAK CREST CHURCH

	Week 1	Week 2	Week 3
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			