



Week 3 | 7-Days to Family Breakthrough

A Church Discipleship Guide for Family Renewal

This week we intentionally step away from distractions and draw closer to God as families.

Daily Media Fast

Create space for prayer, Scripture, and connection

Wednesday Corporate Fast

Church-wide fasting with food or approved alternatives

SUNDAY

God's Design for Family

"As for me and my household, we will serve the Lord."

— Joshua 24:15

Teaching Focus

Family breakthrough begins when we choose God's leadership. Alignment invites renewal.

Reflection Questions

- Who leads the spiritual direction of my household?
- What does serving God look like in our family?



Media Fast

No social media, streaming, or entertainment media today



Family Action

Pray together, dedicating your household to the Lord



MONDAY

Healing Family Wounds

Scripture

"He heals the brokenhearted and binds up their wounds."— Psalm 147:3

Teaching Focus

God desires to heal emotional and relational wounds that hinder family unity

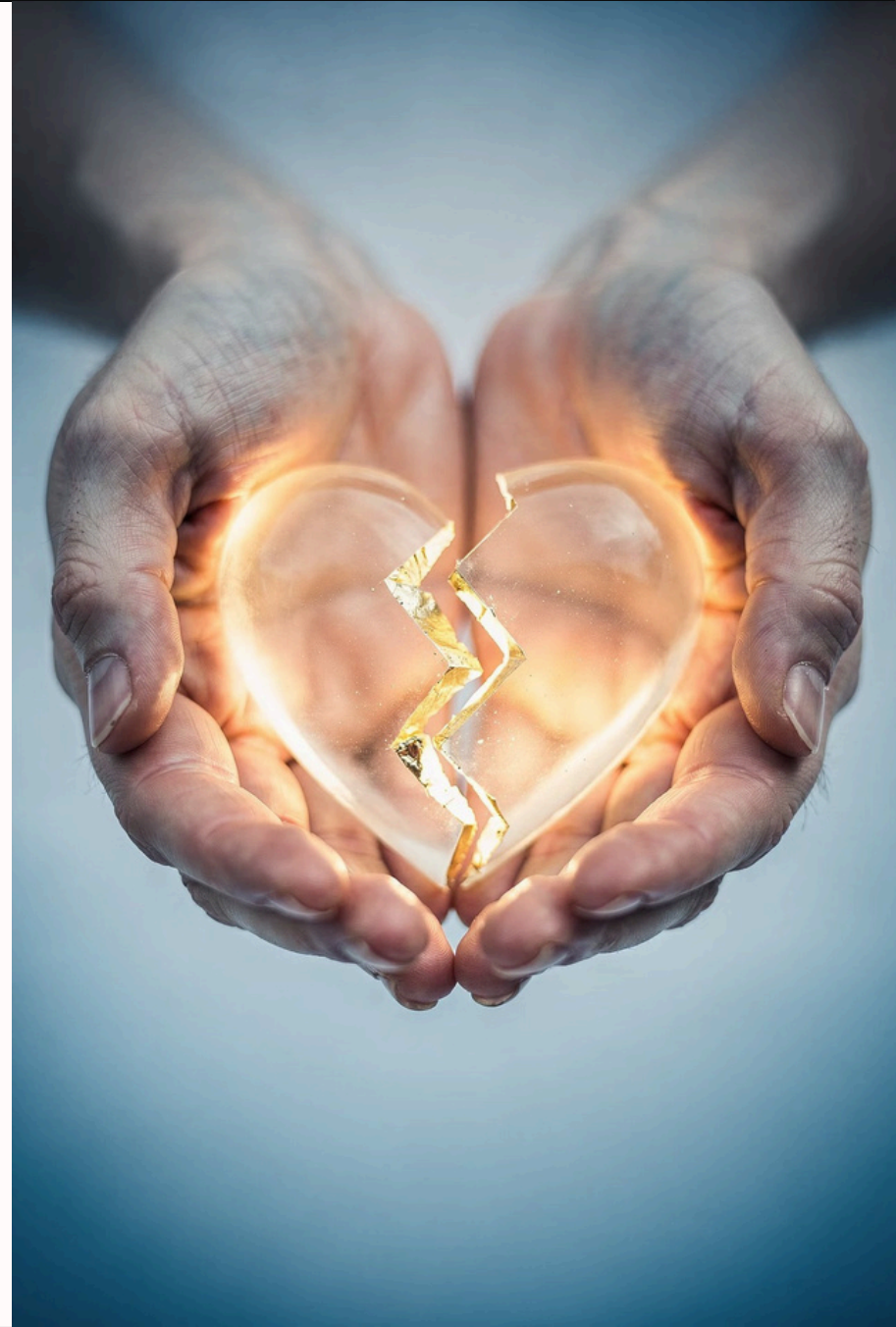
Media Fast

Avoid TV, social media, and non-essential screen use

☐ Are there unspoken hurts affecting our family?

☐ Have I invited God to heal them?

Family Action: Privately write down hurts and surrender them to God in prayer



TUESDAY

Restoring Communication

"Be quick to listen, slow to speak, slow to anger."

— James 1:19

Teaching Focus

Breakthrough flows through healthy, Spirit-led communication rooted in humility and love

Listen with Patience

How do I respond during disagreement?

Speak Life

Do my words build up or tear down?

Media Fast

No entertainment media. Limit phone use to necessities only



Family Action: Share one meaningful conversation together without interruptions

WEDNESDAY

Fasting for Family Breakthrough

"When you fast, do not look somber... and your Father, who sees what is done in secret, will reward you."

— Matthew 6:16–18

Church Corporate Fast



Primary Fast

Fast from food (sunrise to sunset or as able). Drink water and pray throughout the day



Health-Friendly Alternatives

- Fast from one daily meal
- Fast from sweets, caffeine, or snacks
- Fast from social media, TV with extra prayer time
- Fast from negative speech or complaining

☐ Family Action: Pray for specific family needs and future generations

THURSDAY

Establishing Spiritual Covering

Impress on Hearts

Faith begins with parents

1

2

3

4

Walk Along Road

Faith in everyday moments

Talk at Home

Daily conversations about God

Rise & Rest

Morning and evening rhythms

"These commandments... are to be on your hearts. Impress them on your children." Deuteronomy 6:6-7

- **How visible is faith in our home?**
- **What spiritual habits can we build?**

❑ **Media Fast:** Avoid entertainment media; replace with Scripture reading or worship music

Family Action: Read Scripture or pray together at a set time today

FRIDAY

Breaking Generational Cycles



*"If anyone is in Christ, the new creation has come:
The old has gone, the new is here!"*
—2 Corinthians 5:17

Teaching Focus

In Christ, old cycles are broken and new legacies are formed



Identify Cycles

What patterns need to end with me?



Surrender to Christ

Declare freedom in Jesus' name



Build New Legacy

What legacy do I want to leave?



Media Fast: No social media or entertainment platforms

Family Action: Speak a declaration of God's promises over your family

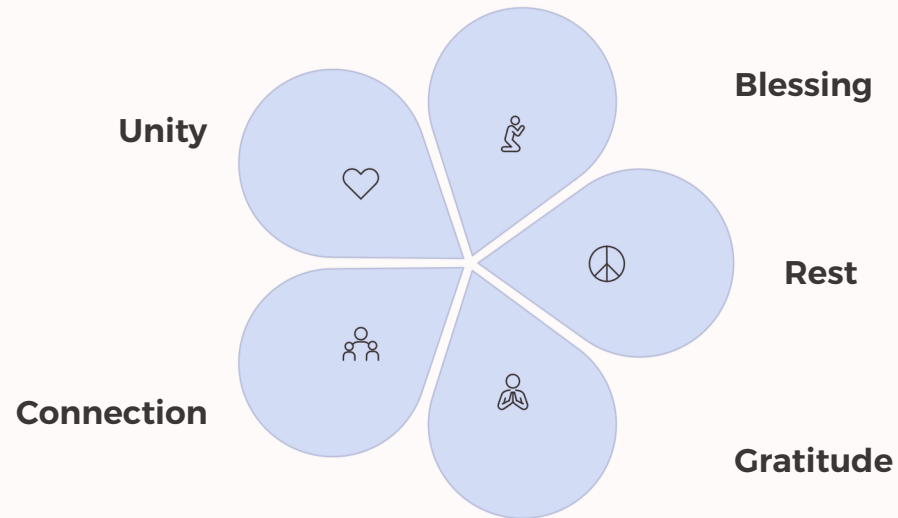


SABBATH (SATURDAY)

Unity, Blessing & Rest

"Blessed are all who fear the Lord, who walk in obedience to him... Thus is the man blessed who fears the Lord."

— Psalm 128:1–4



☐ What has God revealed or healed this week? ☐ How will we continue this journey?

- ☐ Media Fast: Full rest from media; focus on reflection, gratitude, and family connection
- Family Action: Pray a blessing over each family member by name