

**MEDIA FAST**  
**BIBLE FEAST**

5 – 9 FEB

“Blessed be the LORD,  
who has not left you  
this day without a  
redeemer...”

Ruth 4:14 (ESV)

Visit [cstone.uk/  
mediafast](http://cstone.uk/mediafast)  
for more resources  
for the week  
including  
recommended  
podcasts, sermons  
and books.

## 5 Mon

Early Morning  
reading

In-person & Zoom




Soup & bread lunch

The Hub, 12pm  
£2

Evening meal

Homes, 7 or 8pm  
£3

### Readings

-  Judges 3
-  Judges 4–5
-  Judges 6–7

### Pray for

Holiday Kids Club.  
Cornerstone Kids.  
Mustard Seeds Bible  
teaching for young  
people.  
Families work i.e. Hub  
Club, Dadly, Tots.

## 6 Tue

Early Morning  
reading

In-person & Zoom




Kids tea

The Hub, 5pm  
£2

Evening meal

Homes, 7 or 8pm  
£3

### Readings

-  Judges 8
-  Judges 9–10
-  Judges 11–12

### Pray for

St Michael's, Fulwell.  
King's Church, Walton.  
Christ Church,  
Surbiton.  
Emmanuel, Tolworth.  
Hook Evangelical  
Church.  
King's Church,  
Chessington.

## 7 Wed

Early Morning  
reading

In-person & Zoom

Soup & bread lunch

The Hub, 12pm  
£2




Youth meal

The Hub, 7pm  
£3

Evening meal

Homes, 7 or 8pm  
£3

### Readings

-  Judges 13
-  Judges 14–15
-  Judges 16

### Pray for

Rob and Hannah  
Newham, Becontree  
Church.  
Telkovsky family, new  
church in Warsaw.  
Trinity Church, Minsk.  
Insight schools work.

**8  
Thu**




**Early Morning  
reading**

In-person & Zoom

**Evening meal**

Homes, 7 or 8pm  
£3

### Readings

-  Judges 17–18
-  Judges 19–20
-  Judges 21

### Pray for

Conversions in  
Kingston.

Sunday preaching,  
music, set-up,  
welcome, PA team.

Midweek/monthly  
groups.

**9  
Fri**

**Early Morning  
reading**

In-person & Zoom

**Kids Tea**

The Hub, 5pm  
£2

**Evening meal**

The Hub, 7:30pm

### Readings

-  Ruth 1
-  Ruth 2–3
-  Ruth 4

### Pray for

International Café.

Beside, working  
with trafficked  
women in Kingston.

Open Doors,  
persecuted Church  
family.