



FASTING GUIDE FOR FAMILIES

We believe God wants to work in the hearts of children through prayer and fasting just like He does for adults. Children can grow spiritually when we teach them and give them opportunities to participate in the same spiritual disciplines that we are engaging in. **Our goal is to help them choose to become lifelong followers of Jesus. To do this, they need to encounter His heart in a personal way.** Teaching children how to pray and fast - in an age-appropriate way - is an excellent way to help them encounter Jesus at a young age.

WHY FAST?

- **Fasting helps us to focus on God instead of our comforts and conveniences.**
- **Fasting helps us to open our heart and hear from God, no matter our age**
- **Fasting reminds us that God provides every good and perfect gift.**

Remind your children each time they want the thing they are fasting from that to use this desire as a reminder to pray, spend time focusing on God, and telling Him how much they love Him.



DIFFERENT FOOD CHOICES

We do not recommend that children skip meals or drastically reduce their food intake, but a modification of their diet is



usually an easy place to start.

Fasting from specific items such as sweets, fried foods or sodas are a great way for children to

participate in a safe and healthy way.

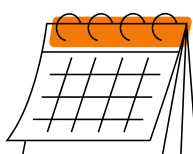
Please note, if your child has ongoing medical issues, you should check with their pediatrician before beginning any food fasting.

A DIGITAL FAST

Another great way for children to fast is by reducing the time and energy they spend on digital media - watching TV, playing video games, or using the computer or phone. Instead, encourage them to spend time praying, reading their Bible, or serving others. This can be as simple as not using a device in the car or as advanced as a complete digital fast.



FASTING CALENDAR



See the next page for a fasting calendar you can use, including daily Bible reading and prayer points.



FASTING CALENDAR FOR FAMILIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FAST Sweets READ Psalm 25:4-5 PRAY God lead me.	FAST TV/Movies READ Colossians 1:10 PRAY Help me grow.	FAST TV/Movies READ Philippians 3:13-14 PRAY Help me run the race.	FAST Sweets READ Ezra 8:23 PRAY Hear my prayers.	FAST iPad/Video Games READ Luke 4:18-19 PRAY Set people free.	FAST iPad/Video Games READ 1 Timothy 2:1-2 PRAY Help my teachers.	FAST Sweets READ Luke 22:42 PRAY Help when it's hard.
FAST Sweets READ Philippians 2:3-5 PRAY Help my friends.	FAST TV/Movies READ Nehemiah 4:14 PRAY Help me not be fearful.	FAST TV/Movies READ John 17:20-21 PRAY Help us love.	FAST Sweets READ Ephesians 1:17-18 PRAY Open my heart to hear You.	FAST iPad/Video Games READ Isaiah 40:29-31 PRAY Help me be strong.	FAST iPad/Video Games READ Micah 6:8 PRAY Help me walk humbly.	FAST Sweets READ James 1:5 PRAY Give me wisdom.
FAST Sweets READ Isaiah 54:10 PRAY Thank You for Your faithfulness.	FAST TV/Movies READ Psalm 5:11-12 PRAY Protect me.	FAST TV/Movies READ Daniel 11:32 PRAY Give me strength to resist evil.	FAST Sweets READ 1 John 5:14 PRAY Thank You for hearing me.	FAST iPad/Video Games READ Galatians 4:5-7 PRAY Thank You for making me a son.	FAST iPad/Video Games READ 2 Thessalonians 2:3 PRAY Keep my heart strong.	FAST Sweets READ Matthew 6:33 PRAY Help me seek Your Kingdom.

This calendar is designed to help your family fast for a 21-day period.

The suggestions of what to fast are primarily geared toward children, but can be adapted to fit the fast you feel the Lord inviting you into. Use the Bible reading and prayer prompts to help your family enter in to a time of encountering the Lord together throughout the 21-days.