

Family Ministries **FASTING GUIDE**

We believe God wants to work in the hearts of kids through pray and fasting just like He does for adults. And we've found that kids will respond and grow spiritually when we teach them and give them opportunity to participate. If kids are going to be lifelong followers of Jesus, they must experience Him in a real and personal way. A time of prayer and fasting is a great way for kids to encounter Jesus' presence.

Take some time to read over this document and then sit down with your children and go over these basics on fasting.

FASTING...

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

Remind your child each time they want "that thing" they're fasting from, they should use their desire as a reminder to pray and spend time focusing on God and telling Him how much they love Him. Seek God, pray big prayers, pray for people to come to Christ and ask God for breakthroughs for ourselves and others. We believe we will see God do some amazing things

PRACTICAL WAYS FOR KIDS TO FAST



**VIDEO
GAMES**



**TV
TIME**



**SODAS
& JUICE**



SNACKS



**PHONE
TIME**



**SOCIAL
MEDIA**