



PRAYER & FASTING

FAMILY RESOURCE

"If you look for me wholeheartedly, you will find me."

- God, Jeremiah 29:13 NLT

During this 21-day period, you will use this age-appropriate resource to teach your child about Prayer & Fasting. Each day, your child will take one slip from the “give up” cup to fast from. Then your child will take a slip from the “fill up” cup to complete. We hope and pray this resource will allow your child to give up something for God to get closer to Him.

Why Fast?

Fasting is one of the oldest and most prevalent spiritual practices in the Bible. Great leaders in the Bible fasted routinely, including Moses, David, Jeremiah, Isaiah, John the Baptist, Jesus and the disciples. Jesus expects that we will fast regularly. In Matthew 6:16, Jesus addresses fasting specifically when he tells the disciples, “When you fast...”. Notice Jesus says “when” not “if”. Jesus assumes that we will fast. Though fasting is assumed, it is not required. We don’t have to fast, we get to fast. Like all intentional spiritual practices, fasting should not be legalistic – we are not earning approval from God through fasting.

The goal of fasting...

- **is to draw nearer to God.**
- **allows us to create space in our minds and hearts for more of God’s presence.**
- **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.**

The important thing is for your child to recognize the value behind personal sacrifice. By setting aside special times to disconnect from some of the extra-curricular activities and treats they enjoy on a regular basis, they learn how to connect to God in a closer way.

