



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.



Junior High Prayer & Fasting

1. Cut out each ***give up*** slip and place in the ***give up*** cup.
2. Cut out each ***fill up*** slip and place in the ***fill up*** cup.
3. Pull 1 slip from the ***give up*** cup to see what you are going to fast from that day.
4. Pull 1 slip from the ***fill up*** cup to see how you are going to draw near to God for the day.

give up sugars, desserts & candy	fill up Psalm 100. Make this Psalm a prayer of thanks and praise for God's goodness and love.
give up tv, movies & videos	fill up Psalm 27. Make this Psalm your prayer to fight anxiety recognizing God as your "one thing" in every situation.
give up sodas & special drinks (only drink water)	fill up Psalm 32. Make this Psalm your prayer asking God's forgiveness and freedom from guilt.
give up chips & crackers	fill up Psalm 42. Make this Psalm your prayer to thirst for God above all else.
give up snacks for the day	fill up Psalm 143. Make this Psalm your prayer asking God to guide your life in the way he wants it to go.
give up internet	fill up Psalm 145. Make this Psalm your prayer to praise the greatness of God.
give up sugars, desserts & candy	fill up Psalm 119:1-16. Make this Psalm your prayer to love God's word and commit to walking His way.
give up tv, movies & videos	fill up Psalm 119:97-104. Make this Psalm your prayer that God's word would be taste like sweet honey to you.
give up video games	fill up Psalm 91. Make this Psalm your prayer that God would protect you.
give up video games	fill up Psalm 22. Jesus quoted this on the cross. Make this Psalm your prayer to praise God even when things are hard.
give up sodas & special drinks (only drink water)	fill up Psalm 23. Make this Psalm your prayer that you would see Jesus as the shepherd who leads and protects you.
give up chips & crackers	fill up Psalm 77. Make this Psalm your prayer to recognize the goodness of God even when you can't feel it.
give up snacks for the day	fill up Psalm 51. Make this Psalm your prayer confessing your sins and asking God to purify your heart.
give up internet	fill up Psalm 104. Make this Psalm your prayer to praise God for all the things he has made.
give up sugars, desserts & candy	fill up Psalm 73. Make this Psalm your prayer that God might be your strength.
give up tv, movies & videos	fill up Psalm 139. Make this Psalm your prayer praising God that he knows you better than anyone else.
give up video games	fill up Psalm 2. Make this Psalm your prayer thanking God for the promises of Jesus.
give up sodas & special drinks (only drink water)	fill up Psalm 63. Make this Psalm your prayer to desire God more than anything else.
give up chips & crackers	fill up Psalm 136. Make this Psalm your prayer praising God that he loves forever.
give up snacks for the day	fill up Psalm 4. Make this Psalm your prayer seeking relief by asking God for his light, love, and peace to fill you.
give up internet	fill up Psalm 57. Make this Psalm your prayer to awaken your soul and praise the love of God.

