

## **FASTING FOR KIDS**

It is so important to model the principle of fasting to our kids and it's actually quite simple to introduce different ways they can participate. However, their involvement should come only from a heartfelt desire to, just like our fasting should. The best way to encourage our kids to fast is to keep it fun and simple.

An easy way to explain the benefits of prayer and fasting to kids is to compare it to cleaning out old toys that might no longer work, or that they might have outgrown, to make room for new ones. As we clean out our bodies and make time to connect closer to God and His Word, we make room to receive new gifts from Him.

We do not recommend that children skip meals or drastically reduce their food intake, but a modification of their diet might prove to be an easy place to start. For example, fasting from specific items such as sweets, red meats, fried foods or even introducing a form of the Daniel fast which includes legumes, nuts and whole grains is a great way for children to participate in a safe and healthy way.

Another great way to fast is by reducing some of the time and energy spent watching TV, playing video games, using the computer or phone, and instead choosing to spend time praying, reading their Bible or serving others. Check our "Fasting Calendar for Kids" below as an additional resource for you and your kids during the fasting season.

The main thing is for them to recognize the value behind setting aside special times to disconnect from some of the extra-curricular activities and treats they enjoy on a regular basis and learn how to connect to God in a closer way. Of course, you should always check with your child's pediatrician before fasting.

**Important Note:** Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking medications, have a chronic condition, or are pregnant or nursing a baby.

# LOVE IS...

## 21 DAYS OF PRAYER AND FASTING

# FASTING CALENDAR FOR KIDS

Weekly Prayer Focus	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<i>Kids, This week pray for your family.</i>	<b>Day 1</b>  Fast Sugars, Desserts, & Candy  Psalm 25:4-5	<b>Day 2</b>  Fast TV, Movies, DVD's & Videos  Colossians 1:10	<b>Day 3</b>  Fast TV, Movies, DVD's & Videos  Philippians 3:13-14	<b>Day 4</b>  Fast Sugars, Desserts, & Candy  Ezra 8:23	<b>Day 5</b>  Fast computer (except for school) & Video Games  Isaiah 54:2-3	<b>Day 6</b>  Fast computer (except for school) & Video Games  Mark 9:29	<b>Day 7</b>  Fast Sugars, Desserts, & Candy  Luke 22:42	
	<i>Kids, This week pray for your friends and children in other countries who may not know Jesus.</i>	<b>Day 8</b>  Fast Sugars, Desserts, & Candy  Philippians 2:3-5	<b>Day 9</b>  Fast TV, Movies, DVD's & Videos  Nehemiah 4:14	<b>Day 10</b>  Fast TV, Movies, DVD's & Videos  John 17:20-21	<b>Day 11</b>  Fast Sugars, Desserts, & Candy  Matthew 9:14-15	<b>Day 12</b>  Fast computer (except for school) & Video Games  Isaiah 40:29-31	<b>Day 13</b>  Fast computer (except for school) & Video Games  1 Timothy 2:1-2	<b>Day 14</b>  Fast Sugars, Desserts, & Candy  James 1:5
		<i>Kids, This week, pray for your school leaders and church leaders.</i>	<b>Day 15</b>  Fast Sugars, Desserts, & Candy  Isaiah 54:10	<b>Day 16</b>  Fast TV, Movies, DVD's & Videos  Psalm 5:11-12	<b>Day 17</b>  Fast TV, Movies, DVD's & Videos  Daniel 11:32	<b>Day 18</b>  Fast Sugars, Desserts, & Candy  I John 5:14	<b>Day 19</b>  Fast Sugars, Desserts, Candy, TV, Movies, DVD's, Computers (except for school) & Video Games  Nehemiah 1:4-5	<b>Day 20</b>  Fast Sugars, Desserts, Candy, TV, Movies, DVD's, Computers (except for school) & Video Games  Matthew 6:16-18

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