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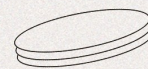
Days  
Of  
Prayer  
& Fasting



**PARENTS  
RESOURCE**







# LETTER TO PARENTS



Parents,

As we enter these 21 days of fasting, you may have questions about how to include your kids.

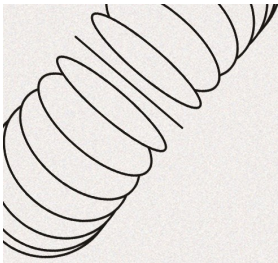
We have put together some ideas that you can use to kickstart this process. Use these ideas as they are, use part of them, or come up with something entirely different.

1. Give up/Fill up- We will be making these cups on Sunday morning the 10th. For more information, see page two.
2. Read from a devotional as a family each night instead of screen time. You can buy a devotional book or use other resources. (We have included a few devotionals for your convenience.)
3. Journaling-Reading a scripture passage, listening to worship songs, using the fasting discussion questions (included) to kickstart a discussion and then journaling about the song, scripture, or discussion. Kids can write about what they felt God saying to them or they can draw a picture about what they felt.

The goal is to help your kids learn about fasting and its spiritual rewards. It is an opportunity to let them see you seek the Lord and help them grow in their faith.







# FASTING FOR KIDS



GIVE UP | FILL UP

Fasting is a way to empty ourselves of our own desires and distractions that keep us from God and let Him fill us up. It's a way to grow in our dependence on Him and in our faith.

*We don't recommend kids fasting from meals, but there are safe ways kids can fast.*

Instead of just giving something up, we encourage kids to spend that time allowing God to fill them up with something to help them grow in Him.

Here's how it works:

For this activity you will need a few supplies:

**#1: 2 Cups - 1 labeled "Give Up" and 1 labeled "Fill Up." (We sent these home with your kids on Sunday!)**

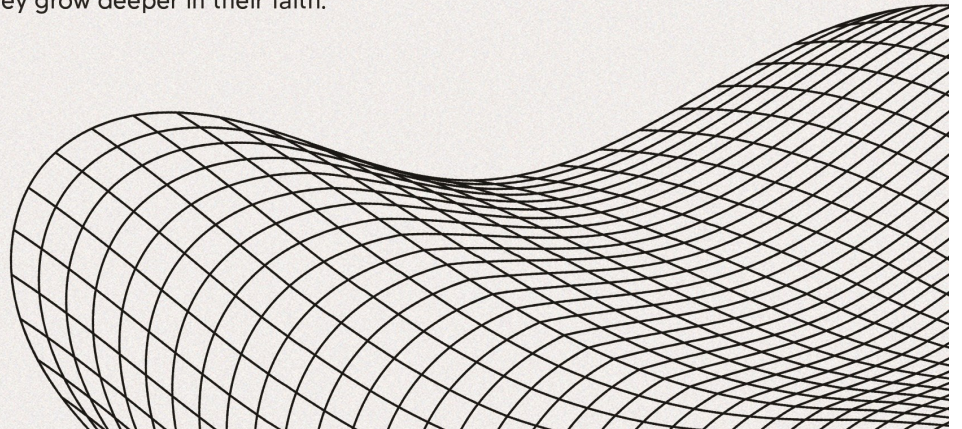
**#2: A Pair of Scissors.**

Have your child help you cut the various "Give Up" and "Fill Up" prompts, which are located on pages 3 and 4 of this resource, into stripes, and place those stripes in their respective cups.

Next, have your child draw one slip from the "Give Up" cup, which will show what they will be fasting, and one slip from the "Fill Up" cup, which will show something specific they can do to grow closer to God during their fast.

You can repeat this exercise with your child as often as you would like during the 21 Days Of Fasting and Prayer.

When we deny ourselves and empty ourselves of things we depend on and other distractions, we can be filled with a new faith and strength in the Lord. The cups will help kids have a fun and tactile experience as they enter their fast. We pray this is a positive experience for kids as they grow deeper in their faith.





# GIVE UP



**SWEETS AND SUGARY FOODS - 2 days**

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**TV AND TABLET - 1 day**

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**ALL DEVICES AND SOCIAL MEDIA - 1 day**

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**SUGARY DRINKS (juice and soda) - 2 days**

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**ARGUING AND COMPLAINING 2 days**

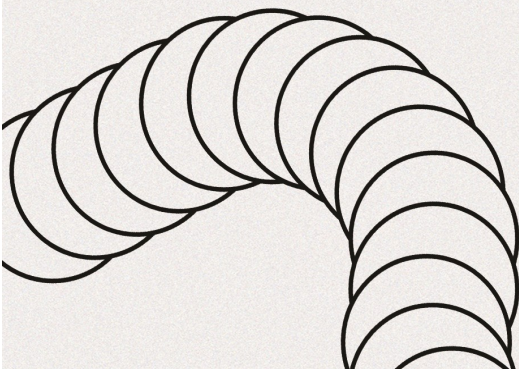
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**TOYS - 1 day**

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**\_\_\_\_\_ YOU CHOOSE - 1 day**

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# FILL UP



**Memorize** 1 Corinthians 10:31 "So whether you eat or drink or whatever you do, do it all for the glory of God."

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**Memorize** Joshua 1:9 "Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."

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**Read** Matthew 5:1-16 "Sermon on the Mount, Part 1"

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**Read** Matthew 6:1-18 "Sermon on the Mount, Part 2"

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**Write or Draw** a prayer to God. What can you thank God for? What do you think God wants to tell you today?

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**Pray:** Ask God to speak to you and show you how you can grow closer to Him this week. Thank Him for everything He has given you. Tell him you're sorry for sinning. Spend two minutes praying.

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**Sing:** Listen to your favorite worship song and sing it or read the words.



### Why did Jesus come?

#### Jesus came to Save the World

**READ:** John 3:16-17

What did Jesus come to do?

What motivated God to send His only Son?

Pray together and give thanks to Jesus for coming to save us.



### Why did Jesus come?

#### Jesus brought perfect love

**READ:** 1 John 4:9-19

How did God show His great love for us?

What do these verses say about how we should act toward others because of how God acts toward us?

Pray together and thank God for loving us so much. Ask Him to fill your hearts and lives with love for Him and others.



### How much does Jesus love me?

#### Jesus' very close love

**READ:** John 15:9-13

What does it mean to abide in Jesus' love?

What does Jesus ask us to do because of His love?

Pray together and thank Jesus for loving us perfectly. Ask Him to help you love others the way that He has loved you.



### How much does Jesus love me?

#### Jesus' very big love

**READ:** Ephesians 3:14-19

What measurement words do these verses use to describe Jesus' love?

How would you describe Jesus' love?

Pray together and thank Jesus for dwelling in your heart through faith. Ask Him to help you see how wide, long, high and deep His love is for you.





### What did Jesus say about His purpose?

#### Jesus Knew He Would Suffer

Read: Luke 9:21-22

How did Jesus say He would suffer?

How do you think the disciples felt when they heard Jesus say this?

Pray together and thank God for sending Jesus to save the world from sin. Ask God to show you the true meaning of Jesus' life, death, and resurrection as Easter comes closer.



### What did Jesus say about His purpose?

#### Jesus Was Sent by God

Read: John 17:1-5, 25-26

What did God give to Jesus?

How did Jesus make God's name known?

How can you make God's name known?

Pray together and ask God to prepare your hearts for Easter week. Ask Him to show you opportunities to tell others about Jesus.



### What happened to Jesus?

#### Jesus Was Crucified

Read: Matthew 27:32-37, 45-54

What happened when Jesus died?

How do you think Jesus' disciples and friends felt knowing He was suffering?

Pray together and thank Jesus for the sacrifice He made.



### What happened to Jesus?

#### He Is Risen!

Read: Matthew 28:1-10

Who went to Jesus' tomb? How do you think they felt when the tomb was empty?

How did the disciples react when Jesus appeared to them?

Pray together and thank God for the gift of Easter. Ask Him to fill your hearts with joy as you celebrate Jesus' resurrection!





## Who is Jesus?

### The Light of the World

Read: John 1:1-4

What do these verses say about Jesus?

How is Jesus the light of the world?

Pray together and thank God for sending Jesus to be the light in a dark world. Ask Jesus to be near to you during our 21 Days Of Praying And Fasting.



## Who is Jesus?

### The Son of God

Read: Luke 9:18-20

What did Jesus ask? Who answered?

How do you think the disciples felt when they realized who Jesus was?

Pray together and thank God that Jesus came to Earth as a man. Ask Jesus to walk with you, so you can grow closer to Him more and more each day.



## What did the Old Testament say about Jesus?

### Prophecy of Jesus' Birth

Read: Isaiah 9:6-7

What names does Isaiah say that Jesus will be called?

How do you think it felt to hear this prophecy\* when Isaiah first made it?

How does it feel to read it now?



Pray together and thank God that Jesus came to bring peace. Ask God to grow peace in your life and around the world.

*\*A prophecy is a promise from God about something that will happen.*

## What did the Old Testament say about Jesus?

### Prophecy of Jesus' Death

Read: Isaiah 53:3-6

How do these verses describe Jesus?

How do they describe us?

What does it mean that we are all "like sheep"?

Pray together and thank God for sending Jesus to take the consequence for our sin. Thank Jesus for being our Good Shepherd.





**What does it mean to prepare your heart?**

**Jesus Comes to Prepared Hearts**

Read: Mark 1:1-3

How do we prepare our hearts?

Pray together and thank God for Jesus. Ask Him to help us declutter our hearts so He can fill us up.



**What does Fasting do?**

**We are reminded of who we are.**

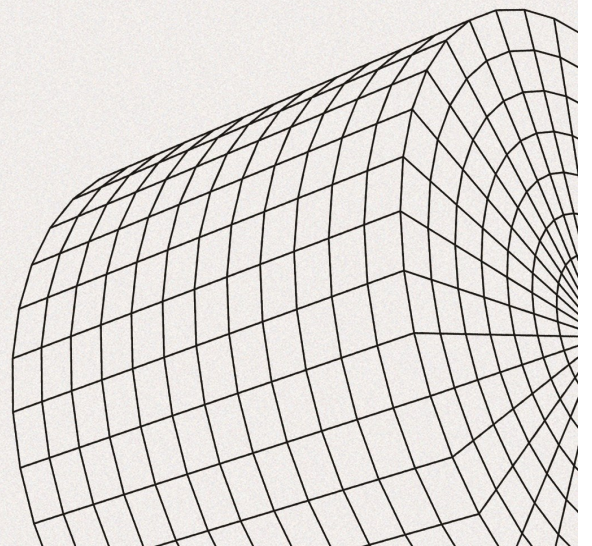
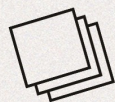
Read: Ephesians 1:3-9

Who do these verses say we are?

Pray together and ask God to help us focus, during this time of fasting, on Jesus' sacrifice and, the gift of salvation and His Holy Spirit that helps and protects us.

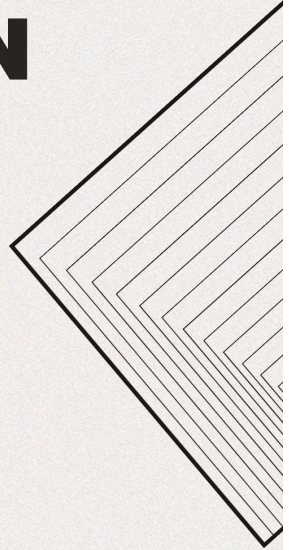


**WELL  
DONE!**





# **FASTING DISCUSSION QUESTIONS**



**Why should people fast?**

**Is there anyone in your life who needs to know God or be healed from a physical condition?**

**How do you think God changes people when they fast?**

**What do you think would be the hardest part of fasting?**

**What can someone who is fasting do to help themselves stay strong and focused?**

**What would be the hardest thing for you to give up in a fast?**

**What is one thing you want God to do in your life?**

**Have you ever heard of anyone fasting before? What did you think of it?**

**What can someone do if they (accidentally or purposely) "cheat" when they are fasting?**

