

LEARNING ABOUT FASTING | A FAMILY GUIDE

Matthew 16:6: Jesus says, "WHEN you fast..."; He does not say IF you fast.

Many Christians work on Bible reading and serving, as well as teaching their children how to do those things. However, the discipline of fasting is something we often have practiced less.

As a church, we are committed to carving out more time to pray. Part of our commitment involves the option of fasting. Our staff is choosing to fast from snacks, Netflix, social media and so on. We have replaced our lunch hour with a time of prayer and worship. Many staff are doing other things in addition to our Wednesday fast. You are invited to join us.

How do you fast with your family? It can be a lot to contemplate, but we will try to keep it simple. When you fast, you give up something and you fill that time with something that draws you closer to God. Fasting is not just denying yourself something; fasting is an opportunity to make more room for God in an intentional way. Fasting does not mean give up something that you don't care about. You need to give up something you really don't want to give up in order for the fasting process to be more meaningful.

We have provided an example of one approach to fasting on the reverse side of this guide. If you have a younger or larger family, this approach to fasting may be easier to manage. As a family select something to give up, when you will give it up, and with what you will replace it. If your kids are old enough to manage their own choices, you may choose to approach your fast more individually.

CHOOSE OR CREATE YOUR OWN FASTING PLAN



GIVE
UP

CHOOSE 1:

- Netflix
- Favorite Show
- Social Media
- Sweets
- Soda
- Starbucks
- iPad Time
- Video Games
- Other...



FILL
UP

CHOOSE 1:

- Prayer/Quiet Time with God
- Prayer Journaling
- Bible Journaling/Drawing
- Family Devotions
- Read a story about Easter
- Worship!
- Read scripture
- Other...



WHEN
?

CHOOSE 1:

- Before School
- After School
- Wednesday Dinner Time
- Bedtime
- Lunch
- 21 Days
- Sundays
- Other...

*A great illustration on this fasting concept to try at home can be found at <https://youtu.be/H44YFKupEI8>

If you have questions, please reach out to a member of our youth ministry staff!