



Parent Fasting Guide for Kids

Fasting - Giving up something for God to get closer to him.

We believe God wants to work in the hearts of kids through prayer and fasting, just like he does for adults. And we've found that kids will respond and grow spiritually when we teach them and give them the opportunity to participate. If kids are going to be lifelong followers of Jesus, they must experience him in a real and personal way. A time of prayer and fasting is a great way for kids to encounter Jesus' presence.

We also believe that when a child fasts, it should come under the guidance and direction of his or her parents/guardians. The following points will help us teach our kids why we fast:

- Fasting helps us focus on God instead of our comforts and conveniences.
- Fasting reminds us that God provides every good and perfect gift.
- Fasting helps us open our hearts to hear from God, no matter our age.

Here are some practical ways to fast with kids:

- Make different food choices. 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. Fasting from specific items such as sweets, fried foods, sodas, or even meat and bread is a great way for children to participate in a safe and healthy way. Choose healthy foods for snacking. Please note, you should always check with your child's pediatrician before beginning any food fasting with your children.
- A digital fast. Another great way to fast is by reducing some of the time and energy spent watching TV, playing video games, or using the computer or phone. Instead, encourage them to spend time praying, reading their Bible, or serving others. This could be as simple as not using the DVD player in the car or as advanced as a complete abstinence for 21 days.

The important thing is for the kids 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.

Write down a few prayer requests and pray together for those things throughout the fast. Remind your child each time they want "that thing" they're fasting from, they should use their desire as a reminder to pray and spend time focusing on God and telling him how much they love him. Seek God, pray big prayers, pray for people to come to Christ, and ask God for breakthroughs for ourselves and others.

*We believe we will see God do some
amazing things during these 21 days!*