



Prayer

& Fasting

Family resource

Why We Fast

As a church, we are practicing a 4 day fast. This resource is to help your child(ren) learn about Prayer & Fasting. Each day, your child will take one slip from the “give up” (Blue) cup to fast from. Then your child will take a slip from the “fill up” (Yellow) cup to complete. We hope and pray this resource will allow your child to give up something for God to get closer to Him.

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 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 (fast) 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.

Instructions

There are 3 blank slips of each color in your cups, fill in your own, Fill up and Give up ideas



Place the coloured slips of paper in the matching cup and mix around



Pull out one piece of paper from the 'Give Up' cup (Blue)



Once you have read what your giving up, pull out a piece of paper from the 'Fill Up' cup (Yellow)



Take some time to pray together for what you are fasting.



Repeat for 4 days





Visit

www.connexuschurch.com/fasting

For more information