



21 Days of Prayer & Fasting | Family Edition!



What is fasting?



Biblical fasting is giving up something in order to try to know God more and get closer to Him. **Prayer and fasting** go really well together because fasting is a way of disconnecting—**unplugging**—from the world, and prayer is connecting—**plugging into**—God.

Why should we fast?



Fasting is also like a big **reset button** or a good deep cleaning that helps to clear away extra junk or layers of ick (yes it's a real word! Google it!) that build up over time. It helps us get **back to the basics** of our relationship with Jesus.

How do I fast?



Great question! There are lots of **different** ways to fast. You can give up favorite **foods** or give up specific **activities** (screen time is a great example) or even habits (How about fasting rolling your eyes?!).

You're sure I can do this with my kids?



Yep! Read the back of this card for **easy to follow steps** on how to fast as a family!



How to Fast as a Family

Step 1: Explain Fasting to your kids

When we fast it's like we are **cleaning** out our bodies, or freeing up our time to **make space** for new gifts from God.

Step 2: Pick something to fast

Food Fast - As food fasting or decreasing caloric intake is not recommended for children, we strongly encourage **consulting a physician** before making **major** diet changes for your kids. Instead, consider fasting desserts or candy, chips or fried foods, or fast food.

Screen Fast - This might be one of the hardest ones depending on your kiddo, but we think **you can do it!** Your family could choose to fast video games, TV Shows, or just **devices** in general.

Luxury Fast - Make a **commitment to not buying** new toys, clothes, or other "luxury" items they desire to have during the 21 days.

Step 3: Think it through before you start

Find something that will **fit the family**. Encourage your kids to make this decision with you. It's easier to have more **motivation** to do something when you had a say about it in the first place.

Don't take something away with out adding something. (Example: add *family demo time, family worship time, family outreach time, etc.*)

Don't give up. It will be, and should be uncomfortable. This is the perfect time to work towards a **common goal** as a family and **support** each other.

Take time to reflect and **CELEBRATE!** Talk about the challenges you're facing as a family and pray together regarding them. Celebrate how God is using this time to make something beautiful and important.

Scan the QR Code for more information on fasting and how you can stay connected with us while you fast these next 21 days!





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