

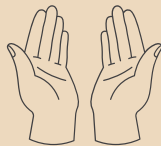
# PRAYER + FASTING

## FASTING WITH KIDS, FOCUSED ON JESUS'

### WHAT IS FASTING?

Fasting is when we give something up - like food or distractions - for a time so we can focus on Jesus. It helps us remember that God gives us everything we need and that He is our greatest need.

Of all the spiritual disciplines, fasting is often the misunderstood - especially with kids. But Jesus didn't say '*if you fast*,' He said '*when you fast*' (Matt 6:16). That means fasting is something we're invited to do as we grow closer to God.



### WAYS TO FAST WITH KIDS

Type of Fast	Example	The Why?
<b>Food Swap</b>	Choose carrots instead of cookies	Builds mindfulness and healthy habits.
<b>No Sweets</b>	Avoid lollies/chocolate/icecream for a period of time	Teaches self-control
<b>Digital Detox</b>	No TV before/after school	Creates space for prayer and conversation
<b>Toy Pause</b>	Take a break from a favourite toy/game	Shifts our focus to Jesus
<b>Mealtime Fast</b>	Skip a snack and pray instead	Turns hunger into prayer!

### CORE TRUTHS FOR KIDS

- Fasting is about God - not rules
- Fasting helps us focus on prayer and listening to God
- Fasting grows our trust in Jesus
- We can fast in simple ways!

### NOTE TO PARENTS

Fasting should never be forced, punishing, or guilt-based. Instead, it's a spiritual invitation—a time to say “no” to something so we can say “yes” to more of Jesus. Use wisdom, medical advice, and age-appropriate decisions. Most of all, model what it looks like to walk with Jesus in this discipline.