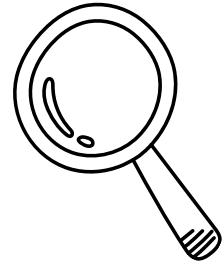
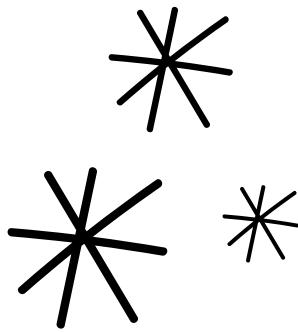


**KIDS  
EDITION**

**21 DAYS  
PRAYER & FASTING**

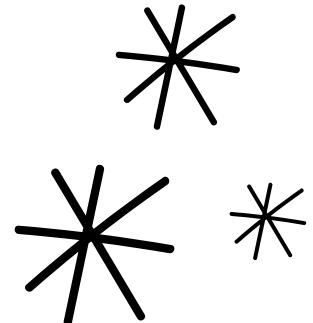
**2026**

**JOIN US! JAN 11TH - FEB 1ST**



# WHY WE FAST

1. Grow in self control
2. Obedience; listen and obey what's best from God
3. Worship & Sacrifice: fasting is sacrifice that turns our hearts towards God not ourselves.



# HOW TO FAST

You can choose to give something up each day or for the whole 21 days that is something comfortable or entertaining. When we give something up we also want to fill that space with something good and from God. Here are some ideas for you: We will be making a fasting helper at Sunday School.



## GIVE UP

- Electronics (TV, Tablet or Video games)
- Sweets
- Snacks between meals
- TV or Music
- Juice/Pop
- Reading a book (open the bible instead)
- Donate toys/clothes
- Pantry Food for the Market



## FILL UP

- Pray for your neighbour
- Encouragement Card for a friend
- Give up your turn to go first
- Do an extra chore to serve your family
- Listen to your favourite worship song sing along
- Write or draw a prayer to God about how you can be closer to him
- Read/memorize scripture

# 21 DAYS OF FASTING PRESCHOOL EDITION

## WHY WE FAST

1. Grow in self control
2. Obedience; listen and obey what's best from God
3. Worship & Sacrifice: fasting is sacrifice that turns our hearts towards God not ourselves.

# 21 DAYS OF FASTING

## HOW WE FAST

You can encourage your preschooler to give something up each day or for the whole 21 days that is something comfortable or entertaining. When we give something up we also want to fill that space with something good and from God. Here is a prayer activity to help fill up your preschooler with faith!

### 5 Finger Prayer

1) Your **thumb** is closest to your heart, so pray for those closest to you - **your family and friends**.

2) The **pointer finger** is used to give directions. Pray for **teachers**, coaches, therapists, doctors, and first responders.

3) The **middle finger** is the tallest. Pray for **leaders** in government, business, and the church.

4) The **ring finger** is the weakest. Pray for the sick, poor, and **those most in need**.

5) The **pinkie finger** is the smallest. Pray for **yourself** and your own needs.

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