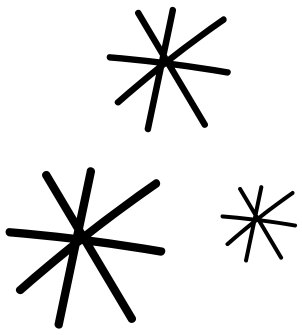


**KIDS
EDITION**

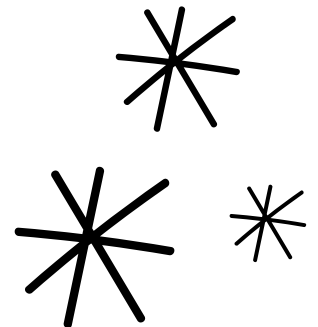
**21 DAYS
PRAYER & FASTING
2026**

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!

