



CC KIDS

21 DAYS OF  
PRAYER & FASTING



# WHY FAST?

**God created us** with the need and the desire for many things, so why would we choose to go without the things God has created?

**Fasting for spiritual** and health reasons is a practice we see throughout Scripture. Moses, Daniel, Ezra, Esther, Nehemiah, John the Baptist, and Paul all fasted. Even Jesus Himself fasted (Matthew 4:1-11). When talking to His disciples, Jesus said, “When you fast...” not if you fast (Matthew 6:16). Though we are not required to fast in order to be saved, fasting was an expected discipline throughout the Old and New Testament and should be a regular spiritual practice in the life of a believer to help build our character, bring us near to God, and strengthen our faith.

**When you have been praying** for something for a long time and haven’t seen the results you want, fasting can help bring the breakthrough you are seeking. When you fast it gets God’s attention and lets Him know you are serious.

**Fasting is saying** that we desire the Lord more than we desire this thing we are fasting from. When we fast, we are declaring before Him, “I need You more than I need \_\_\_\_\_.”

**The goal of fasting** is to eliminate distractions and build our relationship with God, praying according to His will, not ours. Fasting gives us spiritual eyes to see, gaining His perspective on how we may pray in order to accomplish His purposes. Remember, your personal fast should be a challenge to you, not what someone else is doing or wants to do. Most importantly, pray with your parents and let the Holy Spirit lead you on what to do.

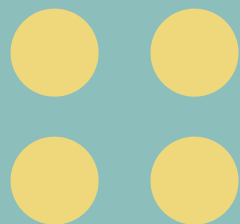


# WHAT DO WE FAST?



## 1. Complete Fast

In this type of fast, you would give up something completely for 21 days.



## 2. Selective Fast

This type of fast involves removing certain things, for example, you might want to fast from a video game but not all of your video games. Or maybe it's fasting from a TV show you love, but not all TV. It could be that you remove sweets from your diet or your favorite candy.



## 3. Partial Fast

This type of fast would be giving up something during a certain time of the day.



## ***BOTTOM LINE: KEEP IT SIMPLE!***

**Choose something that has become a distraction for you, or something that is taking too much of your time and eliminate it. Whatever you choose to fast, take the time you would normally spend doing the activity from which you are fasting and spend it with God in prayer. Your fast may appear to be simple to some, but it is a huge step of faith, especially if you are new to fasting. Each person should commit to fast at his or her individual level of ability and availability during the next 21 days.**

# WEEK TWO BIBLE VERSE

"We know what real love is because Jesus gave up his life for us. So we also ought to give up our lives for our brothers and sisters."

1 John 3:16

# QUESTIONS FOR YOUR FAMILY

1. What does it mean that Jesus gave up His life for you?
2. What are some practical ways that we can serve others?

# PRAYER TIME

Prayer: Jesus thank you for sacrificing your life so that I can be forgiven. Help me to find ways to share this truth with others.