

Seeking God Together

15-16 July

Two Day Fast

A GUIDE TO FASTING FOR FAMILIES

Firstly chat as a family about what fasting is (and isn't), and help the kids get why we're giving something up for a couple of days.

We are fasting to focus on God.

The point of this fast is to desire Jesus more than what we are giving up.

Fasting is not a punishment but a discipline.

It's not a punishment to give something up, we are choosing it so we can focus that time we would usually do whatever it is we are giving up to focus on Jesus.

As a parent, model it.

Kids learn more from what they see from you than what you say.
Lead by doing it too.

Don't sell your kids short.

While the practice and understanding of biblical fasting will be best suited for older kids, teaching and allowing kids to participate in age-appropriate ways will lay foundations for deeper and more meaningful experiences in the future.

Let them ask questions!

What will we fast?

As a family, either pick something to do together or brainstorm ideas of things to 'give up' or 'fill up' during our church's set-aside time on July 15–16. Let the kids choose their own fast if they're old enough—it helps them feel more involved.

Let them see your own faith in action.

If you are choosing individual things, let your kids know what you've chosen and why.

Examples:

"Give up" – things like sugary foods or TV.

"Fill up" – spend focused time learning a memory verse, singing or dancing to worship music, listening to God & drawing what you feel He might be saying or praying for your family & community.

Spend some time talking as a family after the 15th & 16th and ask your kids what they noticed or learnt during this time.

Share what you have learnt in this time too.