



A Special Invitation for Children to Fast in a Healthy Way

Friday, October 25, 2024

We invite the children in our church family to participate in fasting on Friday, October 25th, in a way that is healthy and age-appropriate. While fasting from food may not be suitable for most children, there are creative and meaningful ways for them to experience the heart of fasting and learn about drawing closer to God. This can be a beautiful opportunity to engage their hearts in seeking God, just as the rest of the church is doing.

Discussing the Heart of Fasting with Children

Fasting for children isn't about giving up food, but about setting aside something special to make more room for God. This might be something they enjoy, like screen time or a favorite toy, as they learn to trust God to fill that space in their lives with His presence.

Here are a few key ideas to discuss with your children:

- **Fasting is about focusing on God** – Share how fasting helps us remember that God is the most important thing in our lives. You could say, “When we fast, we stop doing something we usually enjoy so we can spend more time thinking about God.”
- **God provides for us** – Explain that fasting reminds us that God takes care of us in every way. You could explain, “When we choose to give up something we love, like a game or a snack, we trust God to help us, and we learn to depend on Him.”
- **Jesus gave everything for us** – Let them know that fasting helps us think about Jesus’ great love and sacrifice. “When we fast, we can remember how Jesus gave up so much because He loves us, and we can show Him our love by focusing on Him.”

Questions to Help You Talk About Fasting with Your Children

- What is something you really enjoy that you could give up for a day to focus more on God?
- How can we use this day to remember that God is with us and helps us when we need Him?
- Why do you think Jesus gave up His life for us, and how can we show Him that we love Him back?
- What are some things in our life that sometimes take up too much of our time and attention? How can we ask God to help us with that?

Ideas for Children to Fast

- **Screen time** – Encourage them to take a break from TV, tablets, or video games and spend that time praying, reading a Bible story, or drawing a picture about God's love.
- **Favorite treats or snacks** – They could choose to skip a special treat for the day and offer that time or energy to God by thinking about His blessings in their lives.
- **Toys or games** – Taking a break from a favorite toy or activity for part of the day can help children focus on the idea of giving something up to honor God.

As a family, you can talk about what each person is fasting from and how they are using that time to grow closer to God. You might also set aside time during the day to pray together, talk about what you're learning, and reflect on how God is working in each of your hearts.