

CFKIDS  
**Prayer & FASTING**  
FOR YOUR KIDS

THE GREATEST THING WE CAN DO FOR OUR CHILDREN IS PRAY FOR THEM. JOIN US AS WE SET ASIDE THIS TIME TO CONNECT WITH GOD IN THIS FRESH, NEW WAY. WE ARE BELIEVING WITH YOU FOR BREAKTHROUGHS FOR YOUR FAMILY.

# PRAYER

## PRACTICING PRAYER & FASTING

- Help your child see that fasting allows you to spend extra time with God. On the other side are fasting ideas to share with your child.

## PLANNING PRAYER & FASTING

- Set aside a special time and place each day with no distractions where you can pray with and for your children.

## PRAYING & FASTING WITH PURPOSE

- What do you want to see God do in your child's life? Ask Him for these things.

# Fasting

Encourage your children to fast something that is truly a sacrifice for them. Here are a few ideas...

