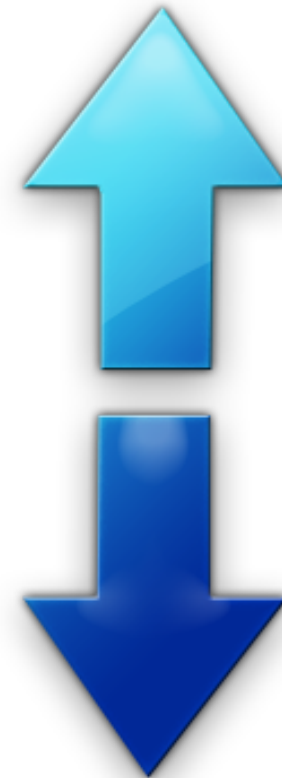


SPRING 2015



Believers Kids

4500 Peek Trail
Chesapeake, VA 23321
www.BelieversChurch.org

Trading Up!

21-day Countdown to Easter

WHAT IS FASTING?

Fasting is the spiritual discipline of giving something up to help us focus on God.

We can **give up** things like foods and activities and **trade them up** to spend time getting to know God better by reading our Bibles, and bringing our needs before him by praying. The Bible says in Ezra 8:23 "So we fasted and prayed about these concerns. And he listened."

What else does the Bible have to say?

- Esther called a 3-day fast (Esther 4:16) or when the Israelites prayed before their 900-mile trek to Jerusalem through difficult and dangerous territory (Ezra 8:21-23). Talk about what God how God answered their prayers.
 - Read the story of Daniel's 10-day test in Daniel 1 to give your children an idea of Daniel's character and how he refused to violate his convictions. Take a look the account of Daniel's 21-day fast in Daniel 10. Explain how the modern-day Daniel Fast is following the prophet's example of devotion to prayer.
-

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other: _____

Trading up

Bible Reading: 1 Samuel 23:1-5

Praying For: _____

Draw It:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

DAY 20

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: Mark 9:2-8

Praying For: _____

Draw It:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

HOW TO USE THE GUIDE

- As a family, talk about the importance of fasting.
 - Together, fill out the commitment on the following page.
 - Before beginning the fast, have kids write down thing they want to pray for on the “What I Am Praying For” page. (For younger ones they can draw a picture)
 - Each day, kids will complete the following:
 - Choose which foods or activities to give up for the day. Emphasize that these foods / activities are not bad or wrong, but that they are giving them up for a short time as a way to honor the Lord.
 - Read the Bible verse in the “Trading Up” section (individually or with help)
 - Write or draw a picture of what they are praying for
 - Then, write or draw a picture of their fasting experience for the day
 - At the end of the fast there is a section for kids to celebrate by writing or drawing pictures of how God answered their prayers.
-

What I Am Praying For

21-day Family Commitment

Parent Note: Kids learn more from what they see than what they simply hear. When teaching the discipline of fasting know that you can't lead kids to do something that you're not willing to do yourself.

We commit to fast for 21 days, beginning 3/14!

Kid's Signature

Parent/Guardian's Signature

DAY 19

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: 1 Samuel 22:1-2

Praying For: _____

Draw It:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT

DAY 18

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: 1 Samuel 21:10-15
 Praying For: _____

 Draw It:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

DAY 1

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: 1 Samuel 10:20-24
 Praying For: _____

 Draw It:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

DAY 2

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: Mark 4:1-20
 Praying For: _____

 Draw It:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

DAY 17

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: Mark 8:1-10
 Praying For: _____

 Draw It:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

DAY 16

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: 1 Samuel 20:32-34

Praying For: _____

Draw It:

DAY 3

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: 1 Samuel 11:15

Praying For: _____

Draw It:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

DAY 4

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: 1 Samuel 12:20-22

Praying For: _____

Draw It:

DAY 15

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: 1 Samuel 19:1-10

Praying For: _____

Draw It:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

DAY 14

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: Mark 7:1-23
 Praying For: _____

 Draw It:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

DAY 5

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: Mark 5:21-43
 Praying For: _____

 Draw It:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

DAY 6

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: 1 Samuel 13:1-15

Praying For: _____

Draw It:

DAY 13

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: 1 Samuel 18:12-16

Praying For: _____

Draw It:

WHAT DID GOD TEACH YOU?

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

I HAVE A QUESTION ABOUT:

DAY 12

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: 1 Samuel 17

Praying For: _____

Draw It:

DAY 7

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: 1 Samuel 14:1-23

Praying For: _____

Draw It:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

DAY 8

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: Mark 6:30-44

Praying For: _____

Draw It:

DAY 11

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: Psalm 56:3-4

Praying For: _____

Draw It:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

DAY 10

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: 1 Samuel 16:1-13

Praying For: _____

Draw It:

DAY 9

Giving Up

- TV/Movies
- Sugar
- Video Games
- Toys
- Other:

Trading up

Bible Reading: 1 Samuel 15:10-17

Praying For: _____

Draw It:

WHAT DID GOD TEACH YOU?

WHAT DID GOD TEACH YOU?

HOW DID YOU FEEL ABOUT FASTING TODAY?

HOW DID YOU FEEL ABOUT FASTING TODAY?

I HAVE A QUESTION ABOUT:

I HAVE A QUESTION ABOUT:

Break the Fast!

- Celebrate Big!
- Talk about how:
 - God has answered prayers and write or draw them below
 - Going back to doing things they gave up during the fast is ok to go back within reason.
 - Fasting can be a regular part of our growing walk with Jesus
 - Getting to know Jesus is awesome! Let's take time to read our Bible and pray every day

Here's how God answered my prayer:

The Next 21 Days...

What are you going to do because of this experience?
