



FASTING IDEAS FOR KIDS

WHAT IS FASTING?



- FASTING HELPS US FOCUS ON GOD INSTEAD OF OUR COMFORTS AND CONVENIENCES.
- FASTING REMINDS US THAT GOD PROVIDES EVERY GOOD AND PERFECT GIFT.
- FASTING HELPS US OPEN OUR HEART TO HEAR FROM GOD, NO MATTER OUR AGE.

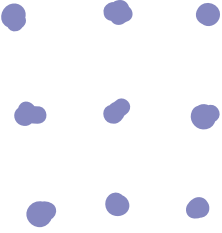
SOME FASTING IDEAS FOR KIDS INCLUDE:

- A DIGITAL FAST
- A HOBBY FAST
- FOOD CHOICES FAST





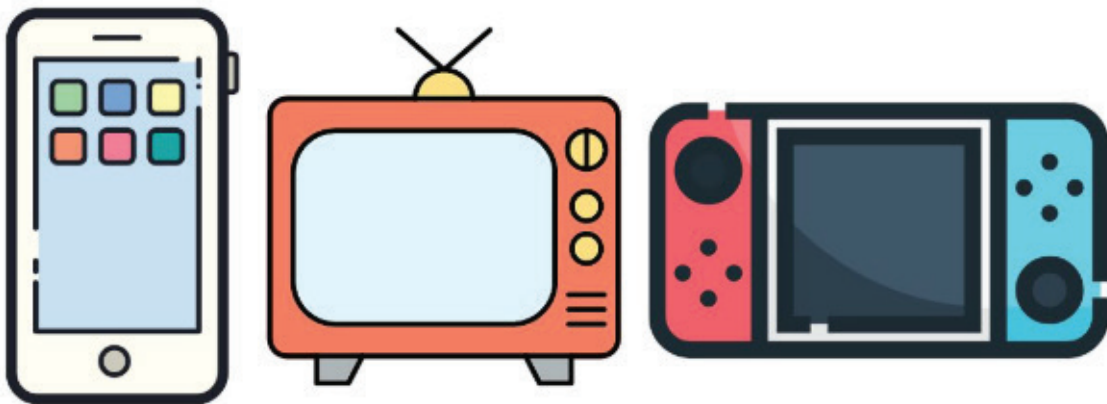
A DIGITAL FAST



A GREAT WAY FOR KIDS TO FAST IS BY REDUCING SOME OF THE TIME AND ENERGY SPENT WATCHING TV, PLAYING VIDEO GAMES, OR USING THE COMPUTER OR PHONE.

INSTEAD, ENCOURAGE THEM TO SPEND TIME PRAYING, READING THEIR BIBLE, OR SERVING OTHERS.

THIS COULD BE AS SIMPLE AS NOT USING THE DVD PLAYER IN THE CAR OR AS ADVANCED AS A COMPLETE ABSTINENCE FOR 7 DAYS.





A HOBBY FAST

CHILDREN CAN CHOOSE TO GIVE UP A FAVORITE HOBBY OR PASTIME, SUCH AS PLAYING WITH CERTAIN TOYS OR PARTICIPATING IN A PREFERRED ACTIVITY.

AGAIN, THIS TIME CAN BE REDIRECTED TOWARD THINGS LIKE PRAYER, READING BIBLE STORIES, OR DOING SOMETHING KIND FOR OTHERS.



* FOOD CHOICES FAST

WE DO NOT RECOMMEND THAT CHILDREN SKIP MEALS OR DRASTICALLY REDUCE THEIR FOOD INTAKE, BUT A MODIFICATION OF THEIR DIET MIGHT PROVE TO BE AN EASY PLACE TO START.

FASTING FROM SPECIFIC FOOD ITEMS SUCH AS SWEETS, FAST FOODS, SODAS, OR EVEN MEAT AND BREAD IS A GREAT WAY FOR CHILDREN TO PARTICIPATE IN A SAFE AND HEALTHY WAY. THEY COULD ALSO SIMPLY CHOOSE HEALTHY FOODS FOR SNACKING INSTEAD OF "JUNK FOOD."

PLEASE NOTE, YOU SHOULD ALWAYS CHECK WITH YOUR CHILD'S PEDIATRICIAN BEFORE BEGINNING ANY FOOD FASTING WITH YOUR CHILDREN.

