

BREAK IT DOWN: WHAT'S FASTING?

WHAT IS FASTING?

Fasting is going without something for a little while.

WHY FAST?

We live really distracted lives. When we cut out one of our distractions, it helps us better focus on God!

HOW DO WE FAST?

In the Bible, people fasted by cutting out food for short periods of time. You can cut out things like screen time, TV, playing games, or your favorite snack. When people in the Bible fasted from food, they replaced it with spending time with God! This could mean taking 20 minutes to read a Bible story together or praying.

FASTING MISCONCEPTIONS

- Fasting is not a punishment. We don't fast because God is mad at us, but to get to know Him better!
- Fasting is not a reward. We don't fast to get some big prize or reward, but to draw closer to God. He is our reward!
- Fasting isn't just taking something away, but filling that space with things that will help draw our focus back to God and our relationship with Him.

VIDEO RESOURCES FOR KIDS

WHAT IS FASTING? | WHY FAST? | HOW DO WE FAST?

