

Fasting Guide for Families

We believe God wants to work in the hearts of kids through pray and fasting just like He does for adults. And we've found that kids will respond and grow spiritually when we teach them and give them opportunity to participate. If kids are going to be lifelong followers of Jesus, they must experience Him in a real and personal way. A time of prayer and fasting is a great way for kids to encounter Jesus' presence.

Take some time to read over this document and then sit down with your children and go over these basics on fasting.

Fasting...

- ...helps us **focus on God** instead of our comforts and conveniences.
- ...reminds us that **God provides** every good and perfect gift.
- ...helps us **open our heart** to hear from God, no matter our age.

Remind your child each time they want "that thing" they're fasting from, they should use their desire as a reminder to pray and spend time focusing on God and telling Him how much they love Him. Seek God, pray big prayers, pray for people to come to Christ and ask God for breakthroughs for ourselves and others. We believe we will see God do some amazing things during these 21 days.



Make Different Food Choices

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.

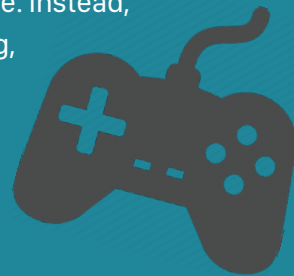


Fasting from specific items such as sweets, fried foods, sodas, or even meat and bread is a great way for children to participate in a safe and healthy way. They could also simply choose healthy foods for snacking instead of "junk food."

Please note, you should always check with your child's pediatrician before beginning any food fasting with your children.

A Digital Fast

Another 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 21 days.



Practical Ways for Kids to Fast

Notes

- Refer to the "Victory Kids Fasting Calendar" for an example plan you and your family can follow for 21 days
- Write down a few prayer requests and pray together for those things throughout the fast
- Share your experience with us on Facebook! [fb.com/VictoryKidsPA](https://www.facebook.com/VictoryKidsPA)



VICTORY KIDS FASTING CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>DAY 1</p> <p>FAST SUGARS, DESSERTS & CANDY</p> <p>Psalm 25:4-5</p>	<p>DAY 2</p> <p>FAST TV, MOVIES, DVDS & VIDEOS</p> <p>Colossians 1:10</p>	<p>DAY 3</p> <p>FAST TV, MOVIES, DVDS & VIDEOS</p> <p>Philippians 3:13-14</p>	<p>DAY 4</p> <p>FAST SUGARS, DESSERTS & CANDY</p> <p>Ezra 8:23</p>	<p>DAY 5</p> <p>FAST COMPUTER (except for school) & VIDEO GAMES</p> <p>Isaiah 54:2-3</p>	<p>DAY 6</p> <p>FAST COMPUTER (except for school) & VIDEO GAMES</p> <p>Mark 9:29</p>	<p>DAY 7</p> <p>FAST SUGARS, DESSERTS & CANDY</p> <p>Luke 22:42</p>
<p>DAY 8</p> <p>FAST SUGARS, DESSERTS & CANDY</p> <p>Philippians 2:3-5</p>	<p>DAY 9</p> <p>FAST TV, MOVIES, DVDS & VIDEOS</p> <p>Nehemiah 4:14</p>	<p>DAY 10</p> <p>FAST TV, MOVIES, DVDS & VIDEOS</p> <p>John 17:20-21</p>	<p>DAY 11</p> <p>FAST SUGARS, DESSERTS & CANDY</p> <p>Matthew 9:14-15</p>	<p>DAY 12</p> <p>FAST COMPUTER (except for school) & VIDEO GAMES</p> <p>Isaiah 40:29-31</p>	<p>DAY 13</p> <p>FAST COMPUTER (except for school) & VIDEO GAMES</p> <p>1 Timothy 2:1-2</p>	<p>DAY 14</p> <p>FAST SUGARS, DESSERTS & CANDY</p> <p>James 1:5</p>
<p>DAY 15</p> <p>FAST SUGARS, DESSERTS & CANDY</p> <p>Isaiah 54:10</p>	<p>DAY 16</p> <p>FAST TV, MOVIES, DVDS & VIDEOS</p> <p>Psalm 5:11-12</p>	<p>DAY 17</p> <p>FAST TV, MOVIES, DVDS & VIDEOS</p> <p>Daniel 11:32</p>	<p>DAY 18</p> <p>FAST SUGARS, DESSERTS & CANDY</p> <p>1 John 5:14</p>	<p>DAY 19</p> <p>FAST COMPUTER (except for school) & VIDEO GAMES</p> <p>Nehemiah 1:4-5</p>	<p>DAY 20</p> <p>FAST COMPUTER (except for school) & VIDEO GAMES</p> <p>Matthew 6:16-18</p>	<p>DAY 21</p> <p>FAST SUGARS, DESSERTS & CANDY</p> <p>Matthew 6:33</p>