



GIVE UP, FILL UP

FASTING ACTIVITY FOR KIDS

Fasting is an important discipline, given to us by Jesus (Matthew 6:16). Fasting is a key spiritual practice in our Christian walk that helps us to empty ourselves to make room for God. We don't recommend kids fast from meals, but there are safe ways kids can fast.

Instead of just giving something up, we encourage kids to spend that time allowing God to fill them up by doing something to help them grow closer to Him.

Here's how it works:



Each kid will need 2 cups: one that says GIVE UP and one that says FILL UP.



Each morning draw a slip of paper from each cup.



GIVE UP what is on the paper for the day and complete the *FILL UP* activity during the day to grow closer to God.

GIVE UP

CUT ALONG THE DOTTED LINE & PLACE SLIPS IN THE **GIVE UP CUP**
*PARENTS FEEL FREE TO MAKE YOUR OWN SUBSTITUTIONS

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Sweets and Sugary Foods

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TV and Tablets/Phones

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Arguing and Complaining

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Toys

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You Pick: _____

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FILL UP

CUT ALONG THE DOTTED LINE & PLACE SLIPS IN THE **FILL UP CUP**
*PARENTS FEEL FREE TO MAKE YOUR OWN SUBSTITUTIONS

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Read: Daniel 1

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Memorize: Be strong, all you who put your hope in the LORD. Never give up. **Psalm 31:24 (NirV)**

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Pray: Spend 2 minutes praying. Ask God to show you ways to be more like Him.

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Sing: Listen to your favorite Christian song and sing along!

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Draw a picture of something you are thankful for; Show it to a family member or friend.

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