




Fasting




What is it?

- Not doing an activity you spend time doing
- Spending that time with God instead



How?

- Decide what you want to give up, eg lollies, video games
- Pick one of the options listed to spend time with God instead of doing that activity

Decide what you want to fast from. It could be the same thing every day or it could be something different each day. **Please note** you can't fast from things you don't want to do like homework or chores.

Suggestions: TV, devices, computer/video game, lollies, soft drinks

Decide what you will do to fill yourself with God.

Suggestions: praying (think of something specific or use the Our Father), reading the bible, sing a worship song, drawing a picture God has put in your mind, go for a walk and pray or think about

	Today I gave up:	I filled up on:
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

EXTRA TIME: Read Matthew 4:1-11. What would it have been like to fast without food for 40 days (That's more than a whole month)? It was during that time of fasting, that Satan really attacked him and tempted him. Why do you think that is? Do you think that Jesus was more vulnerable? Do you think Satan knew that during that time of fasting Jesus would become that much stronger? How do you think that Jesus got through that time of temptation? What will you do if Satan tries to attack you while you fast?