

**KIDS**

**WHY <sup>Do</sup> We <sup>Do</sup> THAT?**

**WEEK 3**



# FASTING

There are a lot of things we do at church, or home with our families that relate to our relationship with God, but we don't really know why, how or, sometimes, even what it is. Throughout this series of **WHY DO WE DO IT?** we are going to learn how we can give God our first and best. This week, we are talking all about Fasting.

## DID YOU KNOW?

### 3 Facts About Fasting That Could Surprise You!

Fasting is in our nature. Throughout history people have had to fast because there was a famine or war going on and food was scarce. Many generations of people fasted out of necessity.

Fasting strengthens our immune system. When we fast it cleans out our guts. 70% of all the body's immune cells are in our guts. Fasting cleans them out.

Fasting makes us more efficient. Food normally gives us energy but when we do not eat, cells that store nutrients kick into gear and begin to use built up storage which makes us use energy and makes us more efficient.

## SCRIPTURE

**As you harvest your crops, bring the very best of the first harvest to the house of the Lord your God.**

**Exodus 23:19**

## WRITE IT DOWN

Fasting from something like food, video games, soda, social media, reading too much, playing with Legos or barbie or something else can help us to find more time to spend with God. What are 3 things you could do without for a short time so you can give God your First and Best?

- 1.
- 2.
- 3.

# DISTRACTED!



We get distracted by all the things we have to do in our lives each day. Some things are necessary distractions (things we **MUST** do) and some things are extra distractions (things we **CHOOSE** to do).

## What are your distractions? List them here.

### **MUST do**

Ex. Take a Shower

### **CHOOSE to do**

Ex. Take a Bath for  
an hour with toys

## KEEP IT SIMPLE...

Helpful things to remember as you try to Fast!

**Fasting could simply be making different choices.** For a period of time, choose healthy foods for snacking. Instead of cookies, choose carrots. Instead of soda choose water. Instead of fast food, choose nutritious meals.



### **Try a digital fast.**

As a family, decide to fast from technology. This could be as simple as not using the DVD player in the minivan for a week or month. And during travel times, you listen to worship songs instead.



### **Grow from short to more intensive fasts.**

Don't start with a 40 day, "no \_\_\_\_\_" fast. That would be difficult to achieve! Start small and build on success.



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# ...AND TRY IT

This week, try to do without/fast from one of those things and write about it below.

What did you fast from? For how long?

What did you do instead to give God your First and Best?

Would you do this again? If so, when? If not, why not?

## NOTE TO PARENTS

Please remember these things as you help them be successful at this spiritual discipline.

Fasting must center on God. If you fast for any reason other than to center on Him; His will and His desire, it isn't a spiritual discipline. It's just going without something.

Fasting reminds us that God is our provider of every good and perfect gift.

Fasting helps us focus. The point of a fast is to focus on a particular issue, need, concern, or desire. Determine the point and be very intentional to share and help kids understand.

Model Biblical fasting. Kids learn more from what they see than what they simply hear. When teaching the discipline of fasting, know that you can't lead kids to do something that you're not willing to do yourself.

## SCRIPTURE ON FASTING

Matthew 6:16-18

Exodus 34:28

Luke 4:1-2

Esther 4:16

Act 13:2