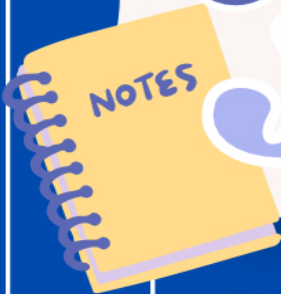




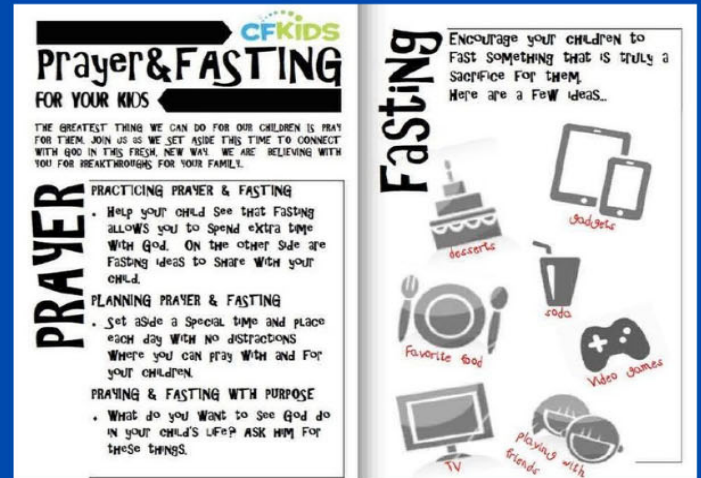
# Glad Tidings Children's Consecration Journal



Name

Two yellow stars are positioned to the left of a white rectangular box with a light blue border, intended for the child's name.

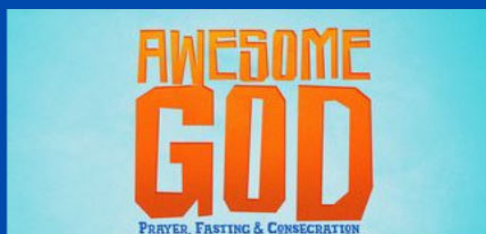
# FASTING TIPS FOR PARENTS & CHILDREN



ONCE YOUR CHILD HAS MADE A PERSONAL DECISION TO MAKE JESUS THEIR LORD AND SAVIOR, YOU CAN BEGIN TO INTRODUCE THEM TO FASTING AND PRAYER IN A SMALL BUT POWERFUL WAY

THERE ARE SOME PARENTS WHO WILL INTRODUCE THEIR CHILDREN TO FASTING BY HAVING THEM GIVE UP SOMETHING THEY ENJOY DOING SUCH AS VIDEO GAMES OR TV. THIS IS NOT A BAD IDEA AS LONG AS YOU ARE REPLACING THAT TIME WITH PRAYER AND READING THE BIBLE AND GRADUALLY MOVE TOWARDS TRUE FASTING AS THEY GET OLDER, AND HAVE A TRUE UNDERSTANDING OF FASTING.

TRY FINDING A DEVOTIONAL FOR YOU AND YOUR CHILDREN TO GO THROUGH TOGETHER OR A BIBLE READING PLAN FOR KIDS.



CHECK OUT THIS CHILDREN'S DEVOTIONAL ON THE YOU VERSE BIBLE APP



SIMPLY PUT, IT IS OUR JOBS AS PARENTS TO LEAD BY EXAMPLE AND HELP OUR CHILDREN GROW IN THEIR WALK WITH THE LORD. TEACHING THEM AT A YOUNG AGE TO FAST AND PRAY WILL EQUIP THEM FOR WHATEVER COMES THEIR WAY AND HELP THEM LIVE A VICTORIOUS, JOY-FILLED LIFE IN CHRIST!

# WHAT IS FASTING?

To fast means to give up something for a time (like food, video games, dessert, etc.).

Biblical fasting is not about losing weight or looking "holy" to your friends. And it's not something that you can do to "get out of" doing what's right.

Fasting is a way to reconnect with God and reset our priorities!

These days, many people talk about fasting as a good way to lose weight, but that was never why people fasted in the Bible. Biblical fasting is almost always paired with prayer. It's meant to help us humble ourselves and recognize that there's nothing that we need more than Jesus. The Bible warns us to never fast as a way of impressing people. So, when you fast, don't make a big deal of it to others. It's meant to be between you and God. However, as kids, it's very important that we talk to our parents any time we'd like to fast, especially if we plan on fasting from food. Fasting is a great way to connect with God, but it's important that we do it in a safe way! It's also important that we recognize that fasting is not a substitute for living God's way. That is, if you have issues between you and God, deal with those issues before you fast, don't fast instead of dealing with those issues.

## FASTING BIBLE VERSES

- Matthew 4:4 | Man does not live by bread alone.
- Ephesians 1:7 | We need God more than anything.
- Luke 4:2 | Jesus fasted
- Acts 13:2-3 | New Testament believers fasted.
- Matthew 6:16-18 | Don't use fasting to look cool, but focus on God.

Fasting Family Time Questions:

- What is fasting?
- What are some things you can fast from?
- Who should you always talk to before you decide to fast from something?

## LET'S PRAY

Dear God,

thank you for your goodness to me. Please help me to stay connected with you and to do what I can to keep my priorities straight. In Jesus' name, Amen.

Name \_\_\_\_\_ Date \_\_\_\_\_

# MY PRAYER JOURNAL

How do I feel today?



The three things I am grateful for today are

The best thing about today

Today I ...



Scripture of the day

Name \_\_\_\_\_ Date \_\_\_\_\_

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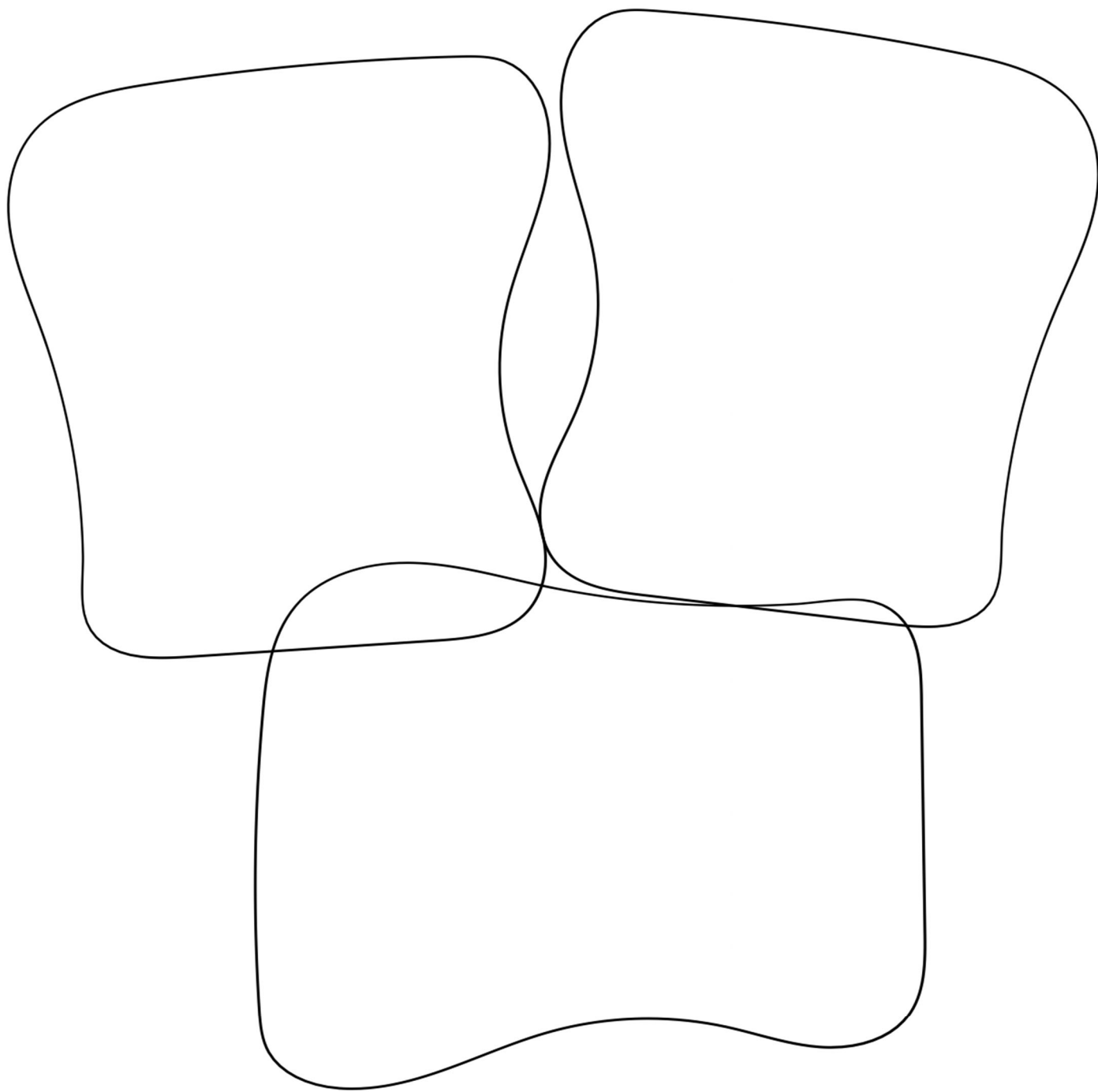


Jesus Taught About Fasting  
Coloring Page

# DRAW

## THREE THINGS

THAT YOU ARE GRATEFUL FOR TODAY?



# MY DAILY REMINDERS

NAME: \_\_\_\_\_



TODAY I'M GRATEFUL FOR:

- 
- 
- 

TODAY'S AFFIRMATION:

- 
- 
- 
- 

SOMETHING I'M PROUD OF:

- 
- 
- 
- 

WATER INTAKE



TOMORROW I LOOK FORWARD TO:

- 
- 
- 
- 

TODAY IM PRAYING FOR: