



PEEPS FASTING GUIDE GUIDE

5 STEPS TO HELP GUIDE YOUR CHILD AS THEY FAST

STEP 1: Start With Why?

Fasting is closing our mouths in order that we open up our hearts to God. It's giving something up to make room in our lives for God to give us more. The things we give up are not bad, they are actually good for us. When we go without those "good things" we discover something greater. We discover a deeper need and we lean more on the strength of God. When we fast, we don't just give something up, we get filled up too. So, don't sell your kids short. It won't be easy for them but it's not easy for an adult either. Your child can deepen their relationship with God through this powerful spiritual discipline.

STEP 2: Give Up Something Consumable

When the Bible talks about fasting it's always focused about something you put in your mouth, food! The power for kids comes when you guide them into giving something up that they like. So, don't let them try to give up broccoli or vegetables, if that is the thing they can't stand to eat. Most kids like sweet things and I'm not just talking about candy. Maybe your kids' favorite fruit is apples, have them give that up. Things like juice, sometimes milk, or soda are also great things for kids to give up.

STEP 3: Choose To Abstain

Giving up non-food things along with fasting can be powerful. Creating space in your life for God is a great thing. Giving up things like video games, digital media, YouTube, social media or even TV helps to create more space for God in your life. Maybe your child is concerned with dressing and looking a certain way. Have them give that up. Giving things up allows God to mold your hearts and minds into what He wants.

STEP 4: Give Away What You Would Have Spent

If you would have spent money on sweets, drinks, candy, or whatever, take that cash and put it in a place where your kids can see it. Then allow them to bring it to church and give it. Let them physically see it, hold it, and give it. When we as grownups show our kids that fasting and prayer can make a difference and give hope to others, it helps them see how they can play a part in God's bigger story that He is telling in this world.



STEP 5: Lead By Example

In Matthew 6:16 Jesus was teaching on fasting and He said when “***you fast***” not “***if you fast.***” Jesus clearly expected all of us as His followers, no matter how old or young, to practice this powerful spiritual discipline. A “***practice***” is exactly what fasting is. We don’t have to get it perfect and we may accidentally mess up. It’s OK if you accidentally take a drink or bite of something that you were not supposed to. That’s okay, because fasting is not about getting it right, it’s about making room in our hearts and our lives for God. **My hope is that you, as the grownup, echo Paul’s words in 1 Corinthians 11:1. “Follow my example, as I follow Christ.”**

Fasting **MUST** center on God.

If you fast for any reason other than to focus on God; His will and His desire, it won’t be for the right reasons.

Fasting **REMINDS** us that God is the 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.

Fasting is a **DISCIPLINE** not a punishment.


Don’t use the biblical discipline of fasting to ease your guilt or need to punish poor behavior.

MODEL biblical fasting.

Kids learn more from what they see than what they simply hear.

DON’T sell kids short.

While the practice and understanding of biblical fasting will be best suited for older kids, teaching and allowing kids to participate in age-appropriate ways will lay foundations for deeper and more meaningful experiences in the future.





If you have any questions
please email peeps@peopleschurch.co