

## How to Explain Fasting to Kids

An easy way to explain the benefits of prayer and fasting to kids is to compare it to cleaning out old toys that might no longer work, or that they might have outgrown, to make room for new ones. As we clean out our bodies and make time to connect closer to God and His Word, we make room to receive new gifts from Him.

## Kids Fasting How-To's

- We do not recommend that children skip meals or drastically reduce their food intake, but a modification of their diet might prove to be an easy place to start. For example, fasting from specific items such as sweets, red meats, fried foods or even introducing a form of the Daniel fast which includes legumes, nuts and whole grains is a great way for children to participate in a safe and healthy way. \*
- Another great way to fast is by reducing some of the time and energy spent watching TV, playing video games, using the computer or phone, and instead choosing to spend time praying, reading their Bible or serving others.
- Refer to our "Sample Fasting Calendar for Kids" as an additional resource for you and your kids during the fasting season.
- The main thing is for them to recognize the value behind setting aside special times to disconnect from some of the extra-curricular activities and treats they enjoy on a regular basis and learn how to connect to God in a closer way. Write down a few prayer requests and pray together for those things throughout the fast.

*\*Please note, you should always check with your child's pediatrician before your child(ren) begin any type of fasting.*