



A **RESOURCE** FOR THE ENTIRE FAMILY

Family FASTING GUIDE

21 DAYS OF **PRAYER & FASTING**

BOLD PRAYERS. **ALIGNED** HEARTS. **READY** FOR THE SEASON AHEAD.

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IF YOU LOOK FOR ME WHOLEHEARTEDLY, YOU WILL FIND ME.
JEREMIAH 29:13 NLT





What is Fasting?

SIMPLY STATED, BIBLICAL FASTING IS REFRAINING FROM FOOD FOR A SPIRITUAL PURPOSE.

As Christians, we grow closer to the Lord as we block out the everyday noise of the world and lean in closer to the voice of the Father. We block out these daily distractions by doing as Jesus called each of us to do in Luke 9:23: "And he said to all, "If anyone would come after me, let him deny himself and take up his cross daily and follow me."

By taking up our cross daily, we are putting down the heavy things of this world that act as distractions, picking up what God has actually called us to bear and following where He leads. It can be easy to fall into the trap of distraction as we go from day to day.

Whether it's work, school, kids, stress, social media, finances, relational challenges, or unexpected dilemmas or delays that pop up throughout the day – it can all become overwhelming and completely time and thought-consuming. Every now and then in our walk with Christ, we can greatly benefit from hitting the refresh button in our spiritual lives.

**FASTING AND PRAYER ARE THE BEST WAYS
TO RESET AND REFRESH OUR SPIRITUAL LIVES AND
RELATIONSHIP WITH GOD.**

Fasting is an integral spiritual discipline that is meant to help us as believers take our focus off of something for a period of time (food, social media, TV, etc.), and focus our time, attention, and hearts fully on Jesus. By fasting, we are setting aside distractions, even necessities, such as food, in order to stir up a deeper hunger for the Lord.

**THE PURPOSE OF FASTING IS NOT TO LOSE
SOMETHING BUT TO GAIN SOMETHING: A DEEPER,
MORE INTIMATE RELATIONSHIP WITH GOD.**



The goal of fasting

**FASTING REMINDS US THAT
GOD PROVIDES EVERY GOOD
& PERFECT GIFT.**

**FASTING
DRAWS US
NEARER TO
GOD.**

**FASTING
HELPS US OPEN
OUR HEART TO
HEAR FROM
GOD.**

**FASTING
ALLOWS US
TO CREATE
SPACE IN
OUR MINDS
AND HEARTS
FOR MORE
OF GOD'S
PRESENCE.**

**FASTING HELPS US FOCUS
ON GOD INSTEAD OF OUR
COMFORTS & CONVENIENCES.**

How to Fast

PRAY

Be in faith as you prayerfully and thoughtfully step into this season of fasting. Fasting is more than simply going without something. It is supplementing the absence of something that feeds your flesh with prayer in order to feed your spirit.

COMMIT

Commit to a type of fast. Do not decide on a day-to-day basis. Commit before your fast begins and stay determined. Fasting options may include:

- Water only
- Liquid only
- Vegetables and fruits only
- One meal only per day
- Traditional fasts (sun-up to sun-down, Monday through Friday)
- Other kinds of fasts (i.e. no TV, no social media, no discretionary spending)

PREPARE

Prepare your body gradually for the fast. Start eating smaller portions and meals made of raw fruits and vegetables two days before you begin. Avoid food that is high in sugar and fat.





How to Fast

PLAN YOUR CALENDAR

Limit physical and social activities during the fast, conserve energy, and spend more time in prayer, worship, and reading the Bible. If you wish to pair this guide with a Bible reading plan, consider Daily Reading Plan.

CONSULT A PHYSICIAN

Consult your physician or doctor if you need to, or if you have health concerns. If your health or personal condition does not allow you to fast food or meals, determine an alternative that will work best for you. Such circumstances may include pregnancy, a physically demanding profession, and medical conditions.

PARTNER WITH OTHERS

Ask friends and family to be your prayer partner throughout the fast. Consider doing the fast within the benefits of community and alongside friends rather than in solitude.

DECIDE HOW LONG

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

WHAT TO EXPECT

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pangs. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God.

HOW TO END

Don't over eat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.

Types of fasts

THERE ARE SEVERAL TYPES OF FASTING. THE ONE YOU CHOOSE IS BETWEEN YOU AND GOD. HE WILL HONOR YOUR BEST SACRIFICE.

Full Fast (or Liquid Fast)

Drink only liquids (you establish the number of days).

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

Partial Fast

A partial fast is from 6:00 am to 3:00 pm or from sunup to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

Alternative Fast

For those who may not be able to fast food and meals due to health conditions or at the recommendation of a physician, you may instead select to fast and refrain from social media, television, secular music, types of entertainment, etc.

SCRIPTURE REFERENCES FOR FASTING

Matthew 6:16-18,
Matthew 9:14-15,
Luke 18:9-14

SCRIPTURES ABOUT PRAYER & THE WORD

1 Samuel 1:6-8, 17-
18, Nehemiah 1:4,
Daniel 9:3, 20, Joel
2:12, Luke 2:37, Acts
10:30, Acts 13:2

SCRIPTURES IN RELATION TO CORPORATE FASTING

1 Samuel 7:5-6, Ezra
8:21-23, Nehemiah
9:1-3, Joel 2:15-16,
Jonah 3:5-10, Acts
27:33-37

REMEMBER THAT IT IS THE ATTITUDE OF A HEART SINCERELY SEEKING HIM TO WHICH GOD RESPONDS WITH A BLESSING (ISAIAH 58, JEREMIAH 14:12, 1 CORINTHIANS 8:8). MAY GOD GREATLY BLESS YOU AS YOU FAST!

NEXT-GEN

During this 21-day period, you will use this age-appropriate resource to teach your child about prayer and fasting. Each day, your child will take one slip from the “give up” cup to fast.

Then, your child will take a slip from the “fill up” cup to complete. We hope this resource will allow your child to give up something for God to get closer to Him.

IF YOU LOOK FOR ME WHOLEHEARTEDLY, YOU WILL FIND ME.
JEREMIAH 29:13 NLT

PRAYER & FASTING FOR



1. Cut out each **give up** slip and place in the **give up** cup.
2. Cut out each **fill up** slip and place in the **fill up** cup.
3. Pull 1 slip from the **give up** cup to see what you are going to fast from that day.
4. Pull 1 slip from the **fill up** cup to see how you are going to draw near to God for the day.

Each "Give Up" is paired with a "Fill Up" and includes a short, meaningful prayer, and a fun action idea that helps connect kids to God in a hands-on way.

**PRINT THE NEXT FEW
PAGES AND CUT THEM OUT
WITH YOUR KIDS!**

GIVE UP

Desserts & Candy

FILL UP

Prayer: God, thank You for all the sweet things You've given me. Help me crave Your goodness more than sugar.

Action: Make a gratitude list of five things God has done for you.

GIVE UP

TV or Videos

FILL UP

Prayer: Prayer: Jesus, I want to fill my mind with Your truth today. Help me focus on You instead of screens.

Action: Draw a picture of something God made that makes you smile.

GIVE UP

Special Drinks
(Sodas, Juices, etc.)

FILL UP

Prayer: God, You are the living water. Fill my heart with joy that never runs dry.

Action: Make a bookmark that says 'Jesus is my Living Water.'

GIVE UP

10 Minutes of Play

FILL UP

Prayer: God, I want to give You my time. Help me grow in kindness and love.

Action: Do something kind for a family member without being asked.

GIVE UP

Tablet or Phone

FILL UP:

Prayer: Jesus, help me unplug so I can hear Your voice better.

Action: Read one Bible story and tell someone what you learned.

GIVE UP

Complaining

FILL UP:

Prayer: God, help me choose joy and speak with kindness.

Action: Say three kind things to people today.

GIVE UP

Video Games

FILL UP:

Prayer: Jesus, I want to play in Your presence.

Fill me with peace and patience.

Action: Have a praise time with worship music.



GIVE UP

Asking for Treats

FILL UP

Prayer: Lord, help me be content. You have given me so much.

Action: Choose three items to give away.

GIVE UP

Talking Back

FILL UP

Prayer: Jesus, help me be respectful like You.

Action: Write a thank-you note to your parents or teacher.

GIVE UP

One Snack

FILL UP

Prayer: God, when I feel hungry, remind me You are enough.

Action: Pray for children who don't have food.

GIVE UP

Toys

FILL UP

Prayer: God, help me treasure You more than my things.

Action: Share a favorite toy with a friend.

GIVE UP

Television

FILL UP:

Prayer: Jesus, You're better than anything I can watch.

Action: Act out a Bible story with your toys.

GIVE UP

Sleeping In

FILL UP:

Prayer: God, help me wake up early to spend time with You.

Action: Read a Psalm and thank God for the day.

GIVE UP

Extra Snacks

FILL UP:

Prayer: God, help me say no to things I want and yes to what I need.

Action: Eat something healthy and thank God for it.



GIVE UP

Music

FILL UP

Prayer: Lord, help me listen for Your voice.

Action: Sing your favorite worship song out loud.

GIVE UP

Whining

FILL UP

Prayer: Jesus, help me choose thankfulness today.

Action: Thank someone for helping you.

GIVE UP

Playing Alone

FILL UP

Prayer: God, help me build friendships that honor You.

Action: Invite someone to play and include them.

GIVE UP

Sweets After Meals

FILL UP

Prayer: Lord, I want to fill up on Your love today.

Action: Draw a heart and write 'Jesus loves me' inside.

GIVE UP

Silly Jokes

FILL UP:

Prayer: God, help my words be full of light.

Action: Tell someone a Bible truth instead.

GIVE UP

Rush Through Prayers

FILL UP:

Prayer: Jesus, help me slow down when I talk to You.

Action: Pray slowly and say thank You for 5 things.

GIVE UP

Interrupting Others

FILL UP:

Prayer: Lord, help me listen well today.

Action: Let someone else go first in a game or activity.





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Each "Give Up" is paired with a "Fill Up" and includes an fun action step that helps connect students to God in a hands-on way.



PRINT THE NEXT FEW
PAGES AND CUT THEM OUT
WITH YOUR STUDENT!

GIVE UP

Social Media

FILL UP

Read a chapter from Proverbs and journal one verse that stands out.

GIVE UP

TV Shows

FILL UP

Spend 30 minutes in worship with a curated playlist.

GIVE UP

Secular Music

FILL UP

Listen only to worship or instrumental music that helps you focus on God.

GIVE UP

Snacking Between
Meals

FILL UP

Memorize a new Bible verse and recite it before meals.

GIVE UP

Video Games

FILL UP:

Read a story about Jesus and write how you can live like Him today.

GIVE UP

Late Night Scrolling

FILL UP:

Go to bed early and pray before sleeping.

GIVE UP

Texting During
Meals

FILL UP:

Ask a family member or friend how you can pray for them.

GIVE UP

Fast Food

FILL UP

Help prepare a healthy meal and pray over it with your family.

GIVE UP

Gossip or Negative Talk

FILL UP

Speak life—encourage 3 people today.

GIVE UP

Oversleeping

FILL UP

Wake up early, spend 10 minutes in silence, and read a Psalm.

GIVE UP

Skipping Devotions

FILL UP

Set aside a quiet time and use a Bible app plan.

GIVE UP

Shopping

FILL UP:

Give something away and ask God to grow contentment in you.

GIVE UP

YouTube Binging

FILL UP:

Watch a faith-based testimony or sermon instead.

GIVE UP

Your phone

FILL UP:

Work on staying fully present, spend the day having meaningful conversations.

GIVE UP

Harsh Words

FILL UP

Fast from speaking unless it's kind or helpful.

GIVE UP

Judging Others

FILL UP

Spend time praying for someone instead of critiquing.

GIVE UP

Being in a Hurry

FILL UP

Take a walk and talk with God about your day.

GIVE UP

Skipping Prayer

FILL UP

Set an alarm to pause and pray at lunch.

GIVE UP

Busyness

FILL UP:

Today is meant for pausing, say no to something and spend time resting in God's presence.

GIVE UP

Self-Focus

FILL UP:

Serve someone secretly and pray for them throughout the day.

GIVE UP

Complaining

FILL UP:

Start a gratitude journal—write 3 things you're thankful for.

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