

Fasting For Kids

It is so important to model the principle of fasting to our kids and it's actually quite simple to introduce different ways they can participate. However, their involvement should come only from a heartfelt desire to, just like our fasting should. The best way to encourage our kids to fast is to keep it fun and simple.

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.

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. Check our "Sample Fasting Calendar for Kids" below 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.

Of course, you should always check with your child's pediatrician before fasting.

Important Note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking medications, have a chronic condition, or are pregnant or nursing a baby.

Sample Kids Fasting Calendar

Day 1 Fast Sugars, Desserts, & Candy Psalm 25:4-5	Day 2 Fast TV, Movies, DVD's & Videos Colossians 1:10	Day 3 Fast TV, Movies, DVD's & Videos Philippians 3:13-14	Day 4 Fast Sugars, Desserts, & Candy Ezra 8:23	Day 5 Fast computer (except for school) & Video Games Isaiah 54:2-3	Day 6 Fast computer (except for school) & Video Games Mark 9:29	Day 7 Fast Sugars, Desserts, & Candy Luke 22:42
Day 8 Fast Sugars, Desserts, & Candy Philippians 2:3-5	Day 9 Fast TV, Movies, DVD's & Videos Nehemiah 4:14	Day 10 Fast TV, Movies, DVD's & Videos John 17:20-21	Day 11 Fast Sugars, Desserts, & Candy Matthew 9:14-15	Day 12 Fast computer (except for school) & Video Games Isaiah 40:29-31	Day 13 Fast computer (except for school) & Video Games I Timothy 2:1-2	Day 14 Fast Sugars, Desserts, & Candy James 1:5
Day 15 Fast Sugars, Desserts, & Candy Isaiah 54:10	Day 16 Fast TV, Movies, DVD's & Videos Psalm 5:11-12	Day 17 Fast TV, Movies, DVD's & Videos Daniel 11:32	Day 18 Fast Sugars, Desserts, & Candy I John 5:14	Day 19 Fast Sugars, Desserts, Candy, TV, Movies, DVD's, Computers (except for school) & Video Games Nehemiah 1:4-5	Day 20 Fast Sugars, Desserts, Candy, TV, Movies, DVD's, Computers (except for school) & Video Games Matthew 6:16-18	Day 21 Fast Sugars, Desserts, Candy, TV, Movies, DVD's, Computers (except for school) & Video Games Matthew 6:33

Important Note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking medications, have a chronic condition, or are pregnant or nursing a baby.