

# PRETEEN FASTING PLAN

**Fasting or Abstinence is a choice/act made for a specific time and specific purpose. It is a spiritual discipline that's mentioned in both the Old and New Testaments.**

*“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others.”*

*Matthew 6:16-18*

*“So we fasted and implored our God for this, and he listened to our entreaty.” Ezra 8:23*

For our purpose leading up to Easter Morning, you are to humble yourself before God, strengthen your faith in God, and join in the unity of our Church Body.

## **FROM OUR PASTOR:**

On February 1st, we'll begin a church-wide 21 Days of Prayer and Fasting.

This will be a time to seek the LORD, grow in our dependence on Him, and pray for revival in our church! Whether you choose to fast from food, social media, or another distraction, we encourage everyone to participate in some way.

**Use the “bricks” below as a guide for 21 days. You may choose from the fasting ideas listed below or decide for yourself what to do. Write the coordinating number on a brick on the wall. Remember that this is between you and God, so fill in your plan after praying it through.**



# 21 Days of Prayer & Fasting

February 1st - 21st



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1. No secular music this week
  2. No chocolate for 72 hours
  3. No negative words for 24 hours
  4. No TV for 48 hours
  5. No salty snacks for 8 hours
  6. Your choice
  7. No soda for 72 hours
  8. No video games for 72 hours
  9. No texting for 48 hours
  10. Only essential phone conversations for 48 hours
  11. Your choice

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12. No gum for 1 week
  13. Fast from all bread for 24 hours
  14. Give up your favorite "toy" for 1 week
  15. No sweets for 48 hours
  16. No fried foods for 72 hours
  17. Your choice
  18. No fiction reading for a week
  19. No Instagram for a week
  20. No social media
  21. Your choice