

Family Fasting Challenge

Give Up & Fill Up Cups

What is the spiritual discipline of fasting?

While it might feel like a big word for kids, a spiritual discipline is simply a specific habit or practice that helps us become more like Jesus. Fasting is the practice of giving up something to create space for God to fill us up.

The spiritual discipline of fasting is not something the Bible commands us to do. However, the Bible presents fasting as something that is good, profitable and beneficial to us, helping us grow in our walk with Christ.

While many people think fasting is only related to food, the whole goal behind this discipline is to give up something important to us in order to focus more on God. While fasting helps strengthen our relationship with God, it also reminds us of our dependence on Him for everything!

How can my family engage in fasting together?

To fast the way we see modeled throughout the Bible, it means we shouldn't just give something up. Instead, we want to use that time and space to allow God to fill us up with something that helps us grow in Him.

We want to give you a tangible resource to engage in this spiritual discipline together. As a family, put together your "Give Up & Fill Up Cups" using the directions below.

How it works:

Get two plastic cups - write "GIVE UP" on one and "FILL UP" on the other.

Print out the provided prompts below and cut them into strips. Use the blank ones to write in your own ideas for things to give up and ways to fill up. Place the strips in the designated cups.

Once or twice a week, as a family, take turns drawing slips from each cup and sharing what your challenge will be for the next couple of days.

After the specified number of days, share with one another what you experienced. Was it easy to give up ____? What was hard about it? What did you learn about God from your fill up challenge?

GIVE UP

TV TIME for 1 day

TABLET TIME for 2 days

ALL DEVICES & SOCIAL MEDIA for 1 day

TOYS for 1 day

YOUR CHOICE for 2 days

DESSERTS for 1 day

FILL UP

MEMORIZE - 1 Corinthians 10:31, *“So eat and drink and do everything else for the glory of God.”*

MEMORIZE - Galatians 5:22-23 *“But the fruit of the Holy Spirit produces love, joy, and peace. It is being patient, kind and good. It is being faithful and gentle and having control of oneself. There is no law against things of that kinds.”*

READ - Matthew 5:1-16 - Sermon on the Mount, Pt. 1

READ - Matthew 6:1-18 - Sermon on the Mount, Pt. 2

WRITE OR DRAW - a prayer to God. What can you thank God for? What do you think God wants to tell you today?

PRAY - Find space by yourself to listen and talk to God. Tell Him about your week. Ask Him what He wants to show you about Him this week. Spend two minutes praying...

CREATE YOUR OWN

FILL UP _____

FILL UP _____

FILL UP _____

GIVE UP _____

GIVE UP _____

GIVE UP _____

GIVE UP _____