

Dear Families,

As you know Neil has called the church to a fast and prayer. We know that God is working in our kids hearts just as He is working in adults as well. In Kids Church we have spent some time teaching why we fast and pray and here is what we shared:

- Fasting and Praying helps us focus on God instead of our comforts and conveniences.
- Fasting and Praying reminds us that God provides every good and perfect gift.
- Fasting and Praying helps us open our hearts to hear from God, no matter our age.

We will share the idea of Give Up and Fill Up. We are giving up something so we can fill up and spend more time with God. The time with God can look very different for each child and each family. It can be reading a Bible story together and talking about it, family prayer time, etc

Below are some suggestions of some ideas for your family.

**Some suggestions of things that kids can fast from:**

- Make different food choices. For the days choose healthier snacks and stay away from the fast food, sugar, and sodas.
- Stay away from sweets
- A digital fast. For the kids this can mean they can fast from video games, you tube or other digital things. To help the kids with this process maybe they switch after a couple of days from what they fast digitally.

The most important thing is that the children do not feel like this is a punishment but that this is a time where we give up our comforts and conveniences and use that time to spend more time with God and learning more about Him.

I would encourage you as a family to talk about what things you can do together as a family. Maybe you realize instead of watching movies that you will spend time as a family playing games, being out in nature, or other ideas. This could be a time where you start introducing reading Scripture as a family and talking about what does it mean to each of your children and praying it together.

If you have any questions please feel free to contact me anytime. I am so excited to see what God is going to do in our lives and our church during this time.

In Christ,

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