# Faithful Kids: Understanding Fasting and God's Love



A 7-day journey helping children understand fasting, its biblical meaning, and growing closer to God with joy and faith.





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#### Introduction

Welcome to an exciting 7-day Bible study plan all about children and fasting! Fasting might sound like a big word, but it's really about choosing to spend special time with God by giving up something for a while. This plan helps kids understand what fasting means in a simple and fun way, teaching them how it helps us love God more deeply.

Fasting is mentioned many times in the Bible, and it's not just about not eating food. Sometimes it is about turning away from distractions to focus on God's voice in our hearts and grow closer to Him. This plan will help children see that fasting is a way to say, "God, you are my number one!" It also teaches us that God is kind and cares for us while we trust Him during fasting.

You'll discover inspiring Bible stories and teachings that show children like you how fasting is about prayer, listening, and growing in faith. We'll learn when and why fasting happens, how it feels, and how God uses it to bring us peace and strength. Each day includes a Bible verse, reflections, journaling, and prayers to make this learning special and personal.

Remember, fasting is a way to connect with God—not to show off or feel sad—but to happily trust Him and let His love grow in your heart. Let's begin this adventure together and see what God wants to teach us about fasting and growing closer to Him as His beloved children!









## Day 1: What is Fasting?









Day 1: Day 1: What is Fasting?

#### Your Verse

Matthew 6:16-18 NIV - "When you fast, do not look somber..."

#### **Supporting Scriptures**

- Isaiah 58:6 "Is not this the kind of fasting I have chosen: to loose the chains of injustice..."
- Joel 2:12–13 "Return to me with all your heart, with fasting, weeping and mourning."







Day 1: Day 1: What is Fasting?

#### Devotional: Fasting Is Focused on God, Not Food

Have you ever heard the word 'fasting' and wondered what it means? Fasting is when we choose to not eat food or give up something special for a certain time so we can focus more on God. It's not about trying to be noticed by others or feeling sad. Jesus tells us in *Matthew 6* that when we fast, we shouldn't look gloomy but keep a happy heart because fasting is about loving God and spending time with Him.

Sometimes fasting helps us think about something important or pray for others. It can be giving up treats, screen time, or whatever helps us stop distractions and listen to God. In the Bible, fasting is shown as a way to show God we want to follow Him with all our hearts.

Today, think about what fasting could mean for you. Remember, God cares about your heart first. Let's learn how fasting helps us say, "God, you are my most important friend!" and brings us closer to Him.







Day 1: What is Fasting?

## Reflect and Apply

1.	What do you think fasting means after learning from Jesus?
2.	Why do you think God wants us to fast with a happy heart, not a sad face?
	Can you think of something you might give up to focus on God this week?







Day 1: What is Fasting?

### **Journaling Prompts**

	Write about a time you really wanted to give someone your full attention. How was that special?
2.	List things that distract you from thinking about God.
3.	Draw a picture of what your heart feels like when it's focused on God.







Day 1: What is Fasting?

#### Prayer for Today

**Dear God,** thank You for teaching me what fasting means. Help me to trust You and to remember that it's about loving You with all my heart. Please help me have a joyful and happy heart when I spend time with You. Teach me how to listen and grow closer to You every day. Thank You for always loving me. *Amen.*  $\bigwedge$   $\bigcirc$ 















#### Your Verse

Joel 1:14 NIV - "Declare a holy fast; call a sacred assembly."

#### **Supporting Scriptures**

- Acts 13:2 "While they were worshiping the Lord and fasting, the Holy Spirit said..."
- Ezra 8:23 "So we fasted and petitioned our God about this..."







#### Devotional: Fasting Helps Us Pray and Listen

Did you know fasting is often joined with prayer? When we fast, we can pray more earnestly because we are focusing on God and asking Him to help us or others. The Bible tells us that sometimes people fast and pray when they want to hear God's guidance or to feel closer to Him.

In *Acts 13*, some friends were fasting and praying together when God spoke to them through the Holy Spirit. That shows how amazing it is to invite God into our fasting times. Even in the Old Testament, people fasted and prayed to seek God's help and protection, like Ezra and the Israelites.

Today, try to spend time praying while fasting, even if it's just a little time. Talking to God during fasting helps us feel His presence and learn to trust Him when things feel hard.







## Reflect and Apply

1.	Why do you think fasting can make prayer feel more special?
	Have you ever felt like God was listening closely when you prayed? What was that like?
	How can you prepare your heart to listen to God during prayer and fasting?







### **Journaling Prompts**

1.	Write a prayer asking God to help you hear His voice.
2.	Describe a time you prayed and felt better afterward.
3.	List three things you want to pray for when you fast.







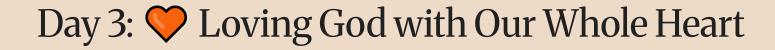
#### Prayer for Today

**Dear God,** thank You that I can talk to You anytime. Help me to pray with a kind and listening heart, especially when I fast. Teach me to hear Your voice and obey what You say. Thank You for always being close to me. *Amen.* 🙌 🐦

















Day 3: V Loving God with Our Whole Heart

#### Your Verse

Deuteronomy 6:5 NIV - "Love the Lord your God with all your heart..."

#### **Supporting Scriptures**

- Psalm 34:18 "The Lord is close to the brokenhearted..."
- Mark 12:30 "Love the Lord your God with all your heart..."







Day 3: V Loving God with Our Whole Heart

#### Devotional: Fasting Shows Our Deep Love for God

Fasting helps us show love to God with our whole heart. When we fast, we tell God, "You are the most important to me." In the Bible, God calls us to love Him with all our heart, soul, and strength. That means giving God our very best, not just part of us.

Sometimes, loving God means saying no to things we like for a little while so we can pay more attention to Him. When we do this, it makes our hearts stronger and helps us trust God more.

Remember, God is always near, especially when our hearts feel broken or lonely. Fasting can be a way to bring our worries and love closer to Him. Today, think about how you can love God more with your whole heart.







Day 3: 💛 Loving God with Our Whole Heart

## Reflect and Apply

1.	What does it mean to love God with your whole heart?
2.	How can fasting help you show love to God?
3.	When have you felt God close to your heart?







Day 3: 💛 Loving God with Our Whole Heart

### **Journaling Prompts**

1.	Write about what loving God with your whole heart means to you.
2.	Draw a heart and write inside it ways you love God.
3.	Make a list of things you might fast from to focus on loving God.







Day 3: V Loving God with Our Whole Heart

#### Prayer for Today

**Dear Lord,** help me to love You with all my heart. Teach me how to make You my number one and to trust You every day. Even when things are hard, remind me that You are close to me. Thank You for loving me first! *Amen.* 



















#### Your Verse

Ezra 8:21 NIV - "I proclaimed a fast... to humble ourselves before our God..."

#### **Supporting Scriptures**

- Nehemiah 1:4 "When I heard this, I sat down and wept... and fasted and prayed before the God of heaven."
- Matthew 4:1-2 "Jesus fasted for forty days and forty nights..."







#### Devotional: Fasting Helps Us Humble Ourselves

#### Have you ever wondered when people in the Bible fasted and why?

Sometimes they fasted during hard or important times—like when they needed God's help, were sad, or wanted to celebrate Him. Ezra and Nehemiah fasted when they needed God's strength to do big things. Jesus even fasted for 40 days to prepare for His special work.

Fasting can help us be humble, which means admitting we need God's help and love. It shows God that He is more important than anything else. When you fast, you're telling God, "I want to listen and trust You no matter what!"

Today, think about a time you might fast—maybe before a big test, when you pray for a friend, or just to get closer to God.







## Reflect and Apply

1.	Why do you think fasting helps us humble ourselves before God?
2.	Can you imagine how Jesus felt when He fasted for 40 days?
3.	What special times might you want to fast and pray?







## **Journaling Prompts**

1.	Write about a time you needed God's help and how you prayed.
2.	List reasons you might choose to fast.
3.	Draw a picture of what humility means to you.







#### Prayer for Today

**Dear God,** help me to humble myself and trust You like the people in the Bible did. Teach me to know when to fast and pray to get closer to You. Thank You for always listening and loving me. *Amen.* 💍 🙏 🥬

















Day 5: **(4)** Fasting with a Cheerful Heart

#### Your Verse

Matthew 6:17–18 NIV – "But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting..."

#### **Supporting Scriptures**

- Psalm 51:12 "Restore to me the joy of your salvation..."
- Nehemiah 8:10 "The joy of the Lord is your strength."







Day 5: **(4)** Fasting with a Cheerful Heart

#### Devotional: Fasting Is Joyful and Full of Hope

Sometimes people think fasting means being sad or gloomy, but Jesus tells us to fast with a cheerful heart! Fasting isn't about looking sad or trying to get attention. It's a joyful way to spend time with God.

When we fast happily, we show God that trusting Him makes us strong and joyful. The Bible says that the joy the Lord gives us is our strength. Even when we don't eat or give something up, God fills us with happiness because He is with us.

Today, if you fast, try to smile and remember God's goodness. Let your heart be full of joy as you spend time talking and listening to Him.







Day 5: 😃 Fasting with a Cheerful Heart

## Reflect and Apply

Why do you think Jesus wants us to fast with joy?
How can you find joy in trusting God during fasting?
What makes your heart feel happy when you spend time with God?







Day 5: 😃 Fasting with a Cheerful Heart

#### **Journaling Prompts**

1.	Write about a happy memory with God or family.
2.	List ways to keep your heart joyful while fasting.
3.	Draw a smiley face and write what makes you joyful in God.







Day 5: (2) Fasting with a Cheerful Heart

#### Prayer for Today

**Dear Jesus,** thank You for showing me that fasting is not sad. Help me to fast with a happy heart full of Your joy. Remind me that You are my strength and that trusting You always makes me smile. I love You! *Amen.*  $\bigcirc$   $\bigwedge$ 















#### Your Verse

Isaiah 58:10 NIV – "If you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed..."

#### **Supporting Scriptures**

- Matthew 25:40 "Whatever you did for one of the least of these brothers and sisters of mine, you did for me."
- Proverbs 19:17 "Whoever is kind to the poor lends to the Lord..."







#### Devotional: Fasting Opens Our Hearts to Others

**Fasting can also remind us to think about and help others!** In the Bible, fasting is connected to caring for people who need food, love, and kindness. When we fast, it's good to remember those who might be hungry or sad, and ask God to help us bless them.

Jesus teaches us that when we help others, it's like we are helping Him. When we fast, we can pray for people who are hurting and think about ways to be kind. Even small acts of love are important to God.

Today, use your fasting to pray for friends or people who need encouragement. Maybe plan one small way you can help someone this week.







## Reflect and Apply

1.	How does fasting help you think about people who need help?	
2.	What are some ways you can be kind to others during fasting?	
3.	Why does Jesus say helping others is like helping Him?	







### **Journaling Prompts**

1.	Write about someone you want to help or pray for.
2.	List three ways you can show kindness to others.
3.	Draw a picture of you sharing or caring for a friend.







#### Prayer for Today

Dear God, thank You for loving everyone. Help me to think about others and be kind, especially when I fast. Teach me to share Your love through my words and actions. Please bless all those who need Your help today. Amen. 🦈











## Day 7: 🗱 Growing Closer to God Everyday









Day 7: K Growing Closer to God Everyday

#### Your Verse

James 4:8 NIV - "Come near to God and He will come near to you."

#### **Supporting Scriptures**

- Psalm 119:105 "Your word is a lamp to my feet and a light to my path."
- John 15:5 "Apart from me you can do nothing."







Day 7: 🗱 Growing Closer to God Everyday

#### Devotional: Fasting Draws Us Near to God's Heart

**Fasting helps us grow closer to God every day.** When we fast, pray, and read the Bible, we invite God to be our best friend and guide. The Bible says if we come near to God, He'll come near to us. That means He wants to be close to us just as much as we want to be close to Him.

As children of God, we can depend on Him to guide us like a bright lamp in the dark. Jesus also tells us that without Him, we can't do anything very good. But when we stay close to God through fasting and prayer, He gives us strength, wisdom, and love.

Today, make a promise to keep growing closer to God each day, by spending time talking to Him and loving Him with your whole heart. Remember, fasting is just one special way to do that!







Day 7: 🗱 Growing Closer to God Everyday

## Reflect and Apply

1.	How can fasting help you grow closer to God?
2.	What does it mean when the Bible says God will come near to you?
3.	How can God's Word help guide your life?







Day 7: 🎇 Growing Closer to God Everyday

### **Journaling Prompts**

1.	Write a promise to God about spending time with Him every day.
2.	List ways you can stay close to God besides fasting.
3.	Draw a lamp or light and write how God guides you.







Day 7: K Growing Closer to God Everyday

#### Prayer for Today

**Dear God,** thank You for wanting to be close to me. Help me to come near to You every day by loving You, praying, and reading Your Word. Thank You for being my light, my guide, and my strength. I love You and want to grow closer to You always. *Amen.* 💸 🙏 🖓 💙







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