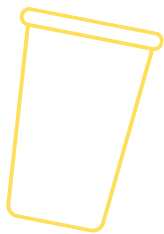




Hey, parents!

Getting your child involved in Sacred Season can help them form a healthy perspective of Biblical principles at an early age. As you follow along with our corporate prayer guide, consider including your child by explaining each day's prompt and praying with them. You can also choose a book about Jesus to read with your child throughout Sacred Season.

Depending on your child's age, it may be a good time to introduce them to the principle of fasting. Fasting food may restrict important nutrients for growing kids, so we recommend trying the following activity to teach your child the idea of denying the flesh without causing harm.



The Empty Cup Challenge

Take some time to sit down and ask your child for some ideas of things or activities they enjoy. Your list might include things like desserts, specific toys or games, screen time, and more. Try coming up with about seven things. Once your list is complete, explain to your child that fasting means choosing to give up something you enjoy as a sign to God that He is more important. Cut the list into strips of paper, fold them up, and put them in a cup. Every few days, have your child choose one at random to decide what they will fast for the day.

Be sure to remind them that this is a privilege, not a punishment, and that instead of the usual item or activity, they could take time to pray and talk to God instead. Finally, once all the items are gone from the cup, choose a day and fill it with their favorite drink. Then explain that we are like the empty cup and God's Spirit is like a refreshing drink; that means the more we put God first, the more space we have for Him in our lives.

That's what fasting does - it makes room for God to fill us up and refresh us!

