

Fasting with Your Kids and Grandkids

Fasting can be an incredible way to experience God's presence with your family. This can be a great blessing but it can also come with its challenges. Give serious thought to including your children in this day of fasting and prayer.

1. Start by Talking About It

Explain to your kids what fasting is, why you are doing it and how you will do it. Even if they don't participate they will be impacted by the fact that you are practicing this spiritual discipline.

2. Prepare Ahead

One challenge of fasting may be that you still have to prepare food for your family. Plan ahead or let them share the load of food preparation to avoid the temptation of eating.

3. Invite them In

Invite your kids to pray about whether or not they would like to fast with you. Based on the age of your children and their activities and schedules, the fast may need to be modified for them. If that is the case, then make a decision about what a fast will look like for them and have them make a commitment to that.

4. Change the Scenery

When your kids are fasting with you, get out of the house during meal times. Go for a walk. Pray together. Whatever you do, be intentional about it.

5. Give them Grace

If your kids are hungry and struggling to keep their fast, encourage them ahead of time to share that with you. Then stop and pray together right then. If the experience turns out not to be a good one for them, be graceful with them. You don't want

to forfeit a lifeline discipline because of a legalistic experience when they were young.

6. Celebrate Together

Take time to share the joys of what God is doing in your life and in your family. Celebration is a wonderful motivator for children who are learning to fast. (and for adults too!)