

RKIDS

# FAST 2022

JANUARY 10-16

7 DAY DEVOTIONAL GUIDE  
CHURCH OF THE REDEEMER

## WHAT IS FASTING?

Fasting is giving up something for a period of time so that we can spend more time concentrating on God.

## WHY DO WE FAST?

We fast because we need to stop some things that we are doing a lot of, for awhile, so that we have more time free to focus our attention on the Lord.

## WHEN DO WE FAST?

We fast whenever we feel that something important is coming up and it is very important that we are prepared for it - when we know that it's going to require God's help. That might be a very important school assignment.

We fast when something is happening right now in our lives that is very hurtful, confusing or angering. Maybe we had an argument with a parent.

We fast when something has happened in the past that we haven't been able to overcome - it's sometimes called a "stronghold." Maybe someone did something to us that hurt us very badly and we are having a hard time forgiving them.

One other time that we fast is when our church decides to pick a period of time to fast and pray together as a group to seek God's will. That is what we are going to be doing next month - from January 10th-16th.

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## HERE IS A FUN WAY TO TRACK YOUR FAST

1. Get two empty cups.
2. Label one "Give Up" - this cup represents us as we empty ourselves of the things that take our attention away from focusing on God.
3. Label the other "Fill Up" - these are ways God fills us up with His love, strength, grace and His Holy Spirit.
4. Make 14 strips of paper:  
7 for "Give Up" and 7 for "Fill Up."
5. On the first 7 strips, write things you will give up for one day - for example: tv, cell phone, sweets, junk food, video games, etc.
6. On the next 7 strips write things you can do to allow God to fill you up - for example: reading a certain scripture and spending some time thinking about it and discussing it with a parent or trusted adult, memorizing a verse, writing a prayer, listing some things you are grateful to God for, etc.
7. Each day of the fast, take one piece of paper out of each cup. Read and follow what it says. Return both strips back to the cups. Feel free to shake the cups before drawing a strip each day - so you don't end up picking the same thing everyday!

We'd love to hear what your choices for giving up and filling up were. Also, let us know what you are learning as you do this activity! Please email us at [Rkids@church-redeemer.org](mailto:Rkids@church-redeemer.org).

## S.U.D.S. HOW TO READ GOD'S WORD

### S see IT

First, you need to make time every day to read your bible. Take time to SEE IT.

### U UNDERSTAND IT

Take time to UNDERSTAND IT.

Know what God is saying to you in that verse. If you don't understand it, ask God to show you. Your parents can help too!

### D DO IT

Once you see it and understand it, now you need to do it. Make a choice every day to DO IT.

### S SHARE IT

SHARE IT with your friends and family so they can learn what you learned. Encourage them to read it too!

## Sweet FACTOID

Savonarola ("Sah-vahn-ah-ROLL-ah" cool name, huh?!) Was a Christian in the fifteenth century who practiced fasting. He fasted and prayed so much that he found it difficult to stand up for long!! God made him forceful in his preaching and he was part of a great move for God!

## NUGGET

"Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry."  
**Matthew 4:1-2 (NIV)**

WHOA! First, can you imagine God sending you into a battle with the devil?! Jesus didn't live an easy life, that's for sure. God had a HUGE plan for Jesus: to be the Savior of all. To walk out God's plan, Jesus had to obey His Father, even when it was scary and tough. What happened next? Jesus fasted for forty days and forty nights before the battle with the devil even started! Why do you think he did that?

Jesus fasted to prepare himself for a big battle. The result is that he was ready when the battle began. **Read Matthew 4:3-11** in your Bible and find out how this story ends...

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Now that you've heard the story, think of the battle you need to fast and prepare for. Maybe it's to fight the temptation to argue with your parents. Maybe it's to fight the temptation to play video games when you know God wants you to do your daily Bible reading.

## RESPONSE

What's the battle ahead of you? Write or draw it below:

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“When you go without eating, do not look gloomy like those who only pretend to be holy. They make their faces very sad. They want to show people they are fasting... But when you go without eating, put olive oil on your head. Wash your face. Then others will not know that you are fasting. Only your Father, who can’t be seen, will know it. He will reward you. Your Father sees what is done secretly.” **Read Matt 6:16-18 (NIV)**

When you fast, do it for God, not for anybody else. By now, you’ve noticed that when you fast and pray you feel a little different. You don’t feel the same as other people who are just going along with their day. You probably find yourself wanting to tell other people what’s going on. You want to tell people that you are feeling more “spiritually stoked” than ever before. Right? And that’s awesome! It’s OK to share your faith with people!

Just remember: we are sacrificing food to honor God. It’s not so that we can look cool or super spiritual. We don’t fast so that other people will look at us and say, “WHOA!” We fast for an audience of One: our Father in Heaven. This verse says that God KNOWS you are fasting, even if nobody else does! And, He’s storing up a reward for you! Keep God the focus of your fasting, and you will stay right on target with Him!

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7 DAY DEVOTIONAL GUIDE

GATHER AS A FAMILY,  
READ THE SCRIPTURE AND DEVOTION,  
AND DISCUSS THE QUESTIONS.

MAKE THIS A REAL FAMILY FOCUS!



# MANAGING TIME

**Psalm 90:12 (NLT)**

**Ephesians 5:15-17 (NLT)**

1. How do you spend your time? Write down all the ways.

2. Where do you spend most of your time? Are you managing your time well?

3. What changes do you need to make to best use your time?

# GO FOR THE GOAL

2 Timothy 2:15 (NLT)

## Discuss as a family:

1. Make a plan to start actively pursuing some goals, that will help you draw closer to God.

2. Also share your plans and work on them together as a family.

# AMBASSADORS ON ASSIGNMENT

2 Corinthians 5:20 (NIV)

1. What do you think it means to be  
"reconciled" to God through Christ?

2. What does it mean to be  
"Christ's ambassador"?

# AMBASSADORS ON ASSIGNMENT

3. What message and mission do we have as these ambassadors?

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4. What are some practical ways you can begin to fulfill your role as a good ambassador of Jesus Christ?

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# COMMUNITY

Acts 13:2,3 (NIV)

## Discuss as a family:

1. What is the value of fasting and praying together as a community of believers?

2. How does God use the church—His people—to help you grow in Christ?

# FAITH

Hebrews 11:1,6 (NIV)

**Discuss as a family:**

1. How can fasting help build your faith in Jesus?

2. What is God asking you to believe Him for during this time of fasting?

# TESTS

James 1:2-4 (NLT)

## Discuss as a family:

1. How does God develop spiritual maturity (growth) in you through tests and trials?

2. What are you learning in this season of growth and fasting about trusting God through your trials?

# MASTERPIECE

Ephesians 2:10 (NLT)

## Discuss as a family:

1. What does it mean to you to be God's masterpiece?

2. List some of the reasons God made you. What will you do to daily remind yourself of your God-designed purpose?



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## ACTIVITIES TO APPLY WHAT YOU'VE LEARNED!

### WHAT ARE YOU PRAYING FOR?

Can you think of someone or something for each letter of the word FASTING?

F  
A  
S  
T  
I  
N  
G

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## DOTS AND BOXES

### GOAL

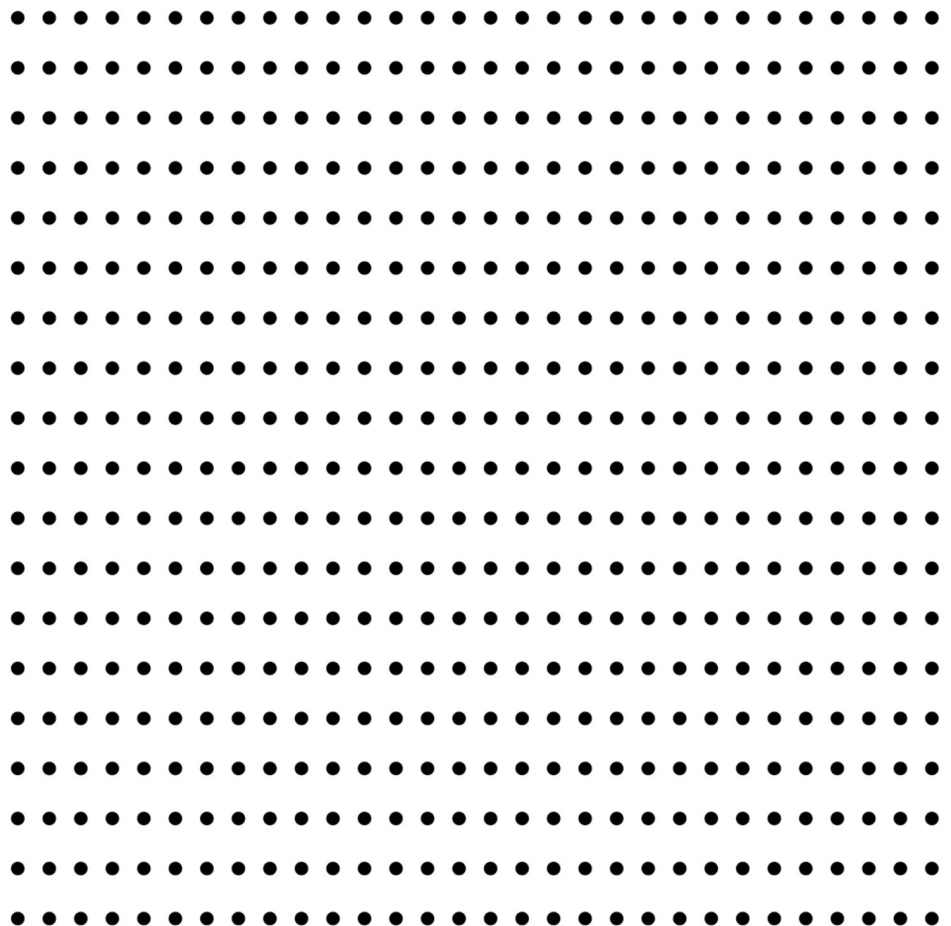
Form more boxes than your opponent.

### HOW TO PLAY

1. The first player draws either a horizontal or vertical line to connect two dots.

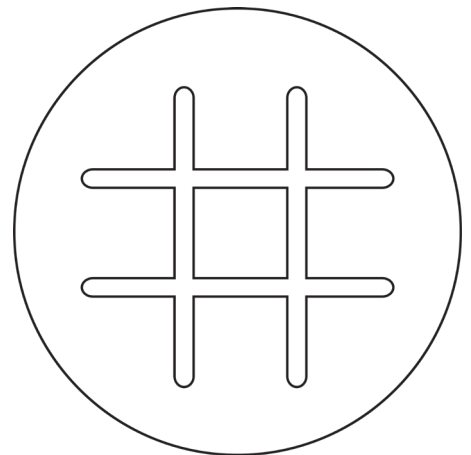
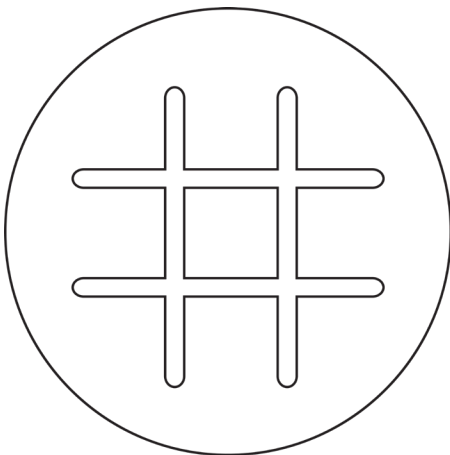
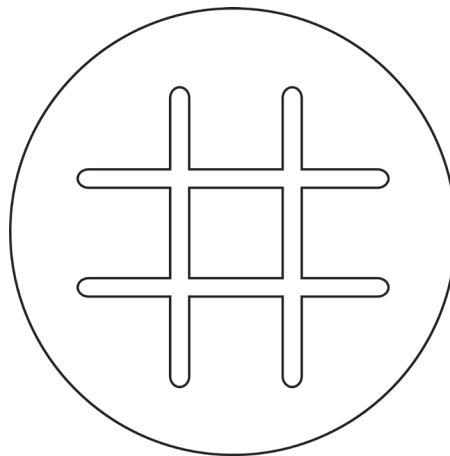
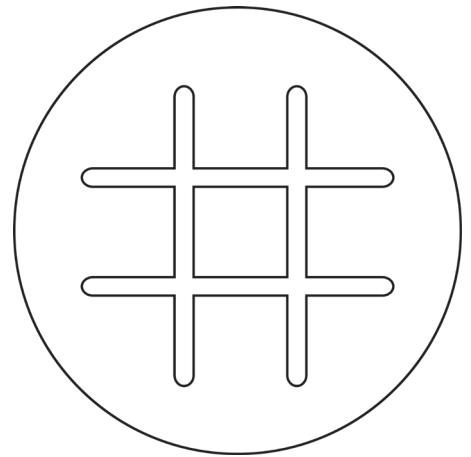
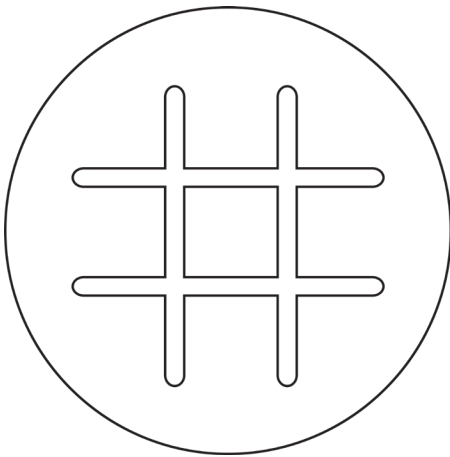
2. If by drawing this line the player forms a box then he places his initials in the box and gets another turn. Otherwise the turn is passed to your opponent.

3. The winner of the game is the player who has formed the most boxes.



## TIC TAC TOE

Find a friend or family member and play!



## WORD SEARCH

CHRISTIAN  
CHURCH  
DEVOTION  
DISCIPLES  
FACTOID  
FAST  
FOLLOWER  
JESUS  
MATTHEW  
NUGGET  
PRAYER  
READING  
SHARE  
TREASURE  
UNDERSTAND  
VERSE

U	C	J	S	F	F	P	R	E	C	F	F	I	C	V
R	N	N	E	H	S	S	F	R	H	L	B	A	E	S
H	A	D	I	S	A	F	W	U	R	J	I	R	S	K
V	D	D	E	D	U	R	G	S	I	C	S	N	X	T
T	H	W	N	R	A	S	E	A	S	E	K	Y	W	Y
A	C	B	Y	E	S	E	O	E	T	V	R	W	O	S
Q	C	J	G	I	L	T	R	R	I	E	E	Q	X	C
P	R	A	Y	E	R	A	A	T	A	N	W	U	J	H
W	E	H	T	T	A	M	C	N	N	O	O	N	E	O
S	E	L	P	I	C	S	I	D	D	I	L	Z	A	D
D	I	O	T	C	A	F	Q	E	M	T	L	A	J	D
N	U	G	G	E	T	F	B	U	L	O	O	Y	B	K
Z	J	B	X	K	R	N	R	A	N	V	F	P	A	L
H	C	R	U	H	C	B	U	I	C	E	L	R	Q	N
L	B	I	A	I	H	F	V	Y	V	D	T	Z	E	A

## UNSCRAMBLE THE WORDS BELOW

JSeSU \_\_\_\_\_

DSCIIPLe \_\_\_\_\_

NTVDOieO \_\_\_\_\_

eIBLB \_\_\_\_\_

HHRCUC \_\_\_\_\_

GITNSAF \_\_\_\_\_

AYReRP \_\_\_\_\_

VRSee \_\_\_\_\_

FIND YOUR WAY THROUGH THE MAZE

