



**CHILDREN'S  
MINISTRY**

**FAST 2019**

January 7<sup>th</sup> - 27<sup>th</sup>

# CROSSING OVER

**MARK 4:35-40**

It's that time of year when our COTH family joins together for a special time of prayer and fasting. We're excited to see what God has in store for us this year, and fasting is great way to get things started. Fasting stirs up our faith, quiets our fears, and helps us hear God's voice. Because this is a **family** effort and we all want to cross over to the other side, we're encouraging **children** to get involved! God has something special He wants to do in your life and He doesn't want to wait until you're an adult to do it.



## GIVE UP :: FILL UP Fasting Guidelines

"Then Jesus declared, 'I am the bread of life. Whoever comes to me will never go hungry. And whoever believes in me will never be thirsty.'" **John 6:35 NIV**

Wow, Jesus uses the words bread, hunger, and thirst to describe what a life with Him looks like. He's saying that when we bring our needs to Him, we will always be satisfied. Sometimes, Christians look to things besides God to make us happy and keep us going. We find pleasure in our favorite foods and favorite activities; but those things are only good for the moment. What God offers, however, lasts forever. If you get in the habit of going to God first, you'll never be disappointed.

To help you practice the good habit of going to God for your happiness instead of things, we're offering a child-friendly version of fasting. For the next 21 days, we're asking COTH children to *give up* different distractions each day and *fill up* with positive actions that promote a stronger relationship with God and His people. We want you to understand, that while fasting means you take away certain things you enjoy, God's purpose for it is to give you something better in return.

Each child will be given two cups, one "Give Up" and one "Fill Up." Beginning Sunday, January 6<sup>th</sup> before you go to bed, you'll do one random drawing from each cup with instructions for the next day: the "Give Up" cup will tell you what to give up for one day (TV, cell phone, sweets/junk food, etc.) and "Fill Up" cup will be something you can do that day to allow God to fill you up (Read a certain Scripture, memorize a verse, write a prayer, etc.).

At the end of each week, you will write a small journal entry about your week with God. Your entry could answer questions like: What was something exciting you did or learned and how did it make you feel? Out of the week's worth of things you did/gave up what stood out? Whatever God's doing with you, that's what you write about.

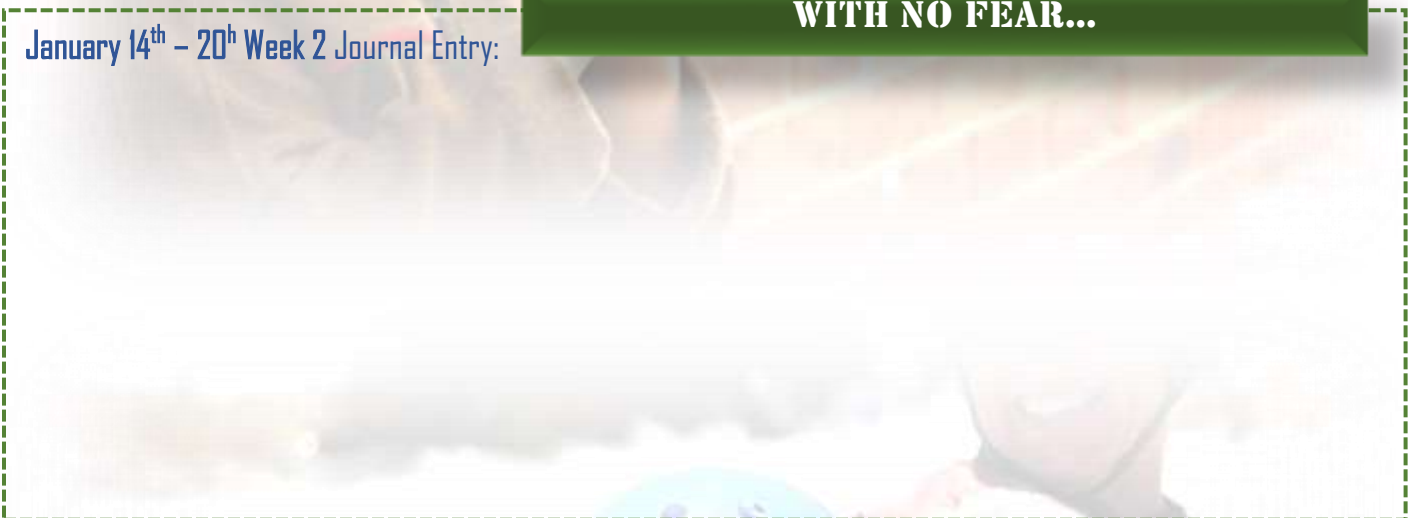
January 7<sup>th</sup> – 13<sup>th</sup> Week 1 Journal Entry:

**LET US CROSS OVER TO THE OTHER SIDE...**



January 14<sup>th</sup> – 20<sup>th</sup> Week 2 Journal Entry:

**WITH NO FEAR...**



January 21<sup>st</sup> – 27<sup>th</sup> Week 3 Journal Entry:

**FULL OF FAITH!**



# Cup Labels



# GIVE UP

these 18 things & fill in the final three slots with things personal to you. Cut strips & put in cup.

1. Junk food

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2. Arguing and Complaining

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3. Sweets: cookies, cakes, candies, etc.

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4. Television

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5. Laziness/inactivity

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6. Soft Drinks

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7. Lying

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8. Tablets/cell phones for all activities not related to church/schoolwork and family commitments

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9. Poor sleeping habits (oversleeping/snooze button/staying up too late/etc.)

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10. Comparing yourself with others

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11. Social Media (Snapchat, Facebook, Twitter, YouTube, Instagram, etc.)

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12. Pickiness: eat whatever is put before you

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13. Non-Christian Music

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14. Fast Food

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15. All beverages besides water

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16. Snacking between meals

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17. Video Games

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18. Gossip/talking about others in a negative way

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19.

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20.

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21.

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# FILL UP

with these 18 things & fill in the final three slots with your ideas. Cut strips and place in cup.

1. Read Mark 4:35-40 and have a discussion with your family about it.

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2. Pray for your teachers and your school at the beginning and end of your day.

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3. Prepare a healthy meal together with your family

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4. List five things you're grateful for and pray to God, thanking Him for those things.

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5. 60 minutes of activity (exercise, play a sport/game, dance, go for a walk, jump rope etc.)

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6. Make a homemade gift for someone you love.

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7. Listen to some Christian/Worship music for 20 minutes.

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8. Do some extra chores around the house.

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9. Write a thank you note to one of your teachers/coaches and give it to them next time you see them.

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10. Pray for your church and church family at the beginning and end of your day.

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11. 10 minutes of Bible reading before breakfast and before bed.

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12. Call a relative to tell them you love them and ask about their day.

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13. As family go through your things and find items to donate to someone in need.

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14. Play a game together with your family/household.

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15. Give 5 genuine compliments/say 5 nice things today.

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16. Spend an extra 30 doing something to improve in your toughest school subject.

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17. Do a family devotional.

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18. Look up, memorize, & meditate on this month's memory verse: 2 Peter 1:3a

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19.

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20.

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21.

