

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 a 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 other than 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 teen-friendly version of fasting. For the next 21 days, we're asking COth teens 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.

There are two boxes. One is about giving up something and the other is about including something. Each day, the child will choose which one they will give up and what they will include in their day. By the end of the day, they will be able to cross off the action they completed.

At the end of each week, you will write a small journal entry about your week with God. Your entry should 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.

If all students in Middle & High school turn in the completed crossed out boxes and all journal entries are completed on February 6, 2019, the group will earn a game night to win prize money.

Each day, choose one of the things below to **GIVE UP**. Cross them off one by one and put the date you completed it. By the last day of the fast, each box should be crossed off. Add things personal to you in the last three boxes.

JUNK FOOD Date:	ARGUING Date:	COMPLAINING Date:
SWEETS Date:	TV Date:	SNAPCHAT Date:
FACEBOOK Date:	TWITTER Date:	YOUTUBE Date:
INSTAGRAM Date:	LYING Date:	VIDEOS & VIDEO GAMES Date:
GOSSIP Date:	COMPARING YOURSELF Date:	NON-CHRISTIAN MUSIC Date:
FAST FOOD Date:	ALL BEVERAGES BESIDES WATER Date:	TEXTING Date:
Date:	Date:	Date:

Each day, choose one of the things below to **INCLUDE** in your day. Cross them off one by one and put the date you completed it. By the last day of the fast, each box should be crossed off. Add things personal to you in the three empty boxes.

READ MARK 4:35 Date:	READ ISAIAH 58:6-14 Date:	READ MATTHEW 6:16-18 Date:
DO A CHORE YOU USUALLY DON'T DO Date:	COMPLIMENT 7 PEOPLE Date:	 Date:
READ LUKE 4:1-13 Date:	DANIEL 10:3 Date:	READ 1 PETER 12:25 Date:
CLEAN YOUR ROOM Date:	READ MATTHEW 6:25-34 Date:	READ MATTHEW 11:28-30 Date:
 Date:	LISTEN TO CHRISTIAN MUSIC FOR ONE HOUR Date:	READ EPHESIANS 4:29 Date:
READ GALATIANS 5:19-21 Date:	TALK TO YOUR PARENT FOR 30 MINUTES Date:	WRITE A NICE NOTE TO A FAVORITE TEACHER Date:
WRITE AN ENCOURAGING NOTE TO A STUDENT Date:	READ 1 THESSALONIANS 4:3-4 Date:	 Date:

MY FASTING JOURNAL

Instructions: 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.

WEEK 1

WEEK 2

WEEK 3
