

What are some things that distract you from spending time with God?

Fasting Challenge _____

Week 1

Fasting Week 1

Eliminating Screen Time!

Focusing on God more!

Day 1

Go to your bible and open up Matthew 6:16-18. I would love for you read these verses. Fasting is a beautiful thing that we get to do privately with God. What we see from these verse is that Jesus wants us to fast for the right reasons not to do it for praise from other people.

Dive Deeper

After reading, write one thing that:

1.You liked _____

2. You learned: _____

3. You'd like to know: _____

Day 2

Read Proverbs 4:25

There are a lot of things, we tend to focus our eyes on. For example we tend to look at our Ipads, phones, and even TV screens a lot! I would say even this past ten months being in our homes all day can make it easy to look at these things all day. Not having any screen time can be pretty overwhelming, and spending time with God can be a struggle at times.

Thankfully, Jesus always loves spending time with us! He is someone that we should fix our eyes on a lot more than our phone screens. When you start to focus your eyes more on God your path starts to become more clear.

Since we are limiting screen time this week here is a fun challenge for you to try this week. Try drawing emojis.

That help illustrate this verse. For example when it says "let your eyes look..". Then hang the verse somewhere you will see it often this week.

Day 3

What are some of the reasons you love God?

What are some of the ways you can show love to God?

Who are some of the "others" in your life?

What are some of the ways you can show love to them?

Use what you wrote above to write a prayer, then read it out loud to God.

Dear God,

You are _____,
and I thank You for _____.
Help me to demonstrate my love for You by _____.
Thank you for my friends and family,
especially _____.
Please help me show them Your love with my actions, including _____.
In Jesus' Name, I pray.
Amen.

Day 4

Check out what Paul wrote to Timothy in 1 Timothy 4:12.

"Don't let anyone look down on you because you are young. Set an example for the believers in what you say and in how you live. Also set an example in how you love and in what you believe." (NirV)

This is a great word for you too! You may be young, but you can be an example to everyone around you, young or old, in how to live out Jesus' command to love God and love others.

Go back and look at the list of "others" you made yesterday. Pick the oldest person and the youngest person on your list, and come up with one way you can show God's love to them. Maybe it's spending time reading with your grandparent or playing a board game with your little sister. Whatever it is, when you show them love with your actions, be sure and share God's love with them too. Tell them you were inspired by Jesus' words and wanted to love God by loving them!



Day 5

Matthew 22:37-39 can be boiled down into four words.

Love God. Love others.

Copy these four words on to a separate paper. Decorate it to make it look more like you. Then cut it out and find a spot to put it where you will see it all the time: you could pin it to your backpack, put a tape roll on the back and make it like a sticker, or tape it to your bathroom mirror.

As you go throughout your days, whenever you're not sure what the right or responsible thing to do is, look at the situation through these words. Use these words to guide your decisions and inspire your actions.

What are things you're expected to do? Love God. Love others.