



GIVE UP, FILL UP

FASTING ACTIVITY FOR KIDS



Use this activity to help kids learn that fasting is a way for us to give up something so God can fill us up.

Supplies:

- 2 paper/plastic solo cups per child
- 1 copy of the Give Up/Fill Up slips per child
- Scissors
- Markers (to label the cups)

Here's how it works:

Give each kid two plastic cups; one labeled "GIVE UP" and one labeled "FILL UP" and a set of "Give Up, Fill Up" strips. Give them scissors and have them cut their strips apart.

Tell them to put the "Give up" strips in the Give Up cup and the "Fill up" strips in the Fill Up cup.

Say: **You can take these cups home and do your own fast for one week (or however long you want). All you do is draw one strip of paper from each cup every day. One of the cups has something you will give up. But fasting isn't only about giving things up; it's about filling that space with something you do to fill up with God. So the other cup has something you can do to fill up with God and grow closer to Him.**



This printable and activity are an excerpt from the 75-minute lesson [Fasting for Kids](#) that also includes object lessons, discussions, a video clip, and games to teach kids about fasting in a fun and fresh way. It's the perfect lesson for when you're doing a church-wide fast or wanting to teach kids about the spiritual discipline of fasting. Learn more about this lesson [here](#).

GIVE UP

SWEETS AND SUGARY FOODS 2 days

TV AND TABLET 1 day

ALL DEVICES AND SOCIAL MEDIA 1 day

SUGARY DRINKS (*juice and soda*) 2 days

ARGUING AND COMPLAINING 2 days

TOYS 1 day

_____ **YOU CHOOSE 1 day**

FILL UP

Memorize 1 Corinthians 10:31 *“So whether you eat or drink or whatever you do, do it all for the glory of God.”*

Memorize Joshua 1:9 *“Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.”*

Read Matthew 5:1-16 “Sermon on the Mount, Part 1”

Read Matthew 6:1-18 “Sermon on the Mount, Part 2”

Write or Draw a prayer to God. What can you thank God for? What do you think God wants to tell you today?

Pray: Ask God to speak to you and show you how you can grow closer to Him this week. Thank Him for everything He has given you. Tell him you’re sorry for sinning.
Spend two minutes praying.

Sing: Listen to your favorite worship song and sing it or read the words.