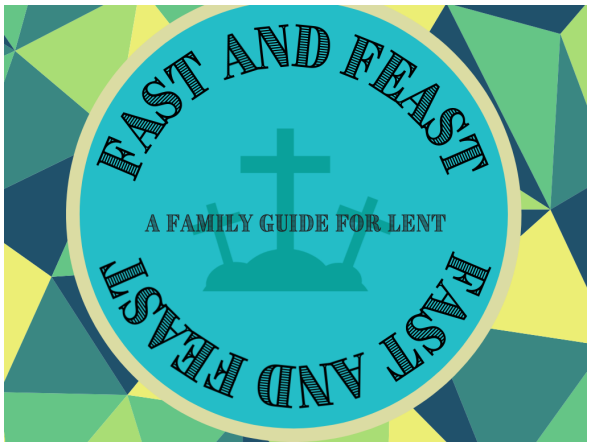
FAMILY FASTING ACTIVITY

Share this printable activity with the families in your ministry to help them be intentional about their fasting this Lent. This activity sheet helps them not only choose what each family member wants to fast, but it also helps them identify ways they can make room for God to fill them up!



This free download is one of the activities in the **Fast & Feast: A Family Guide for Lent** resource. This resource includes 29 pages of ideas, encouragement, and teachings to help families spend intentional time in the spiritual disciplines of fasting, prayer, and Bible reading this Lent season! Learn more about this resource **here**.

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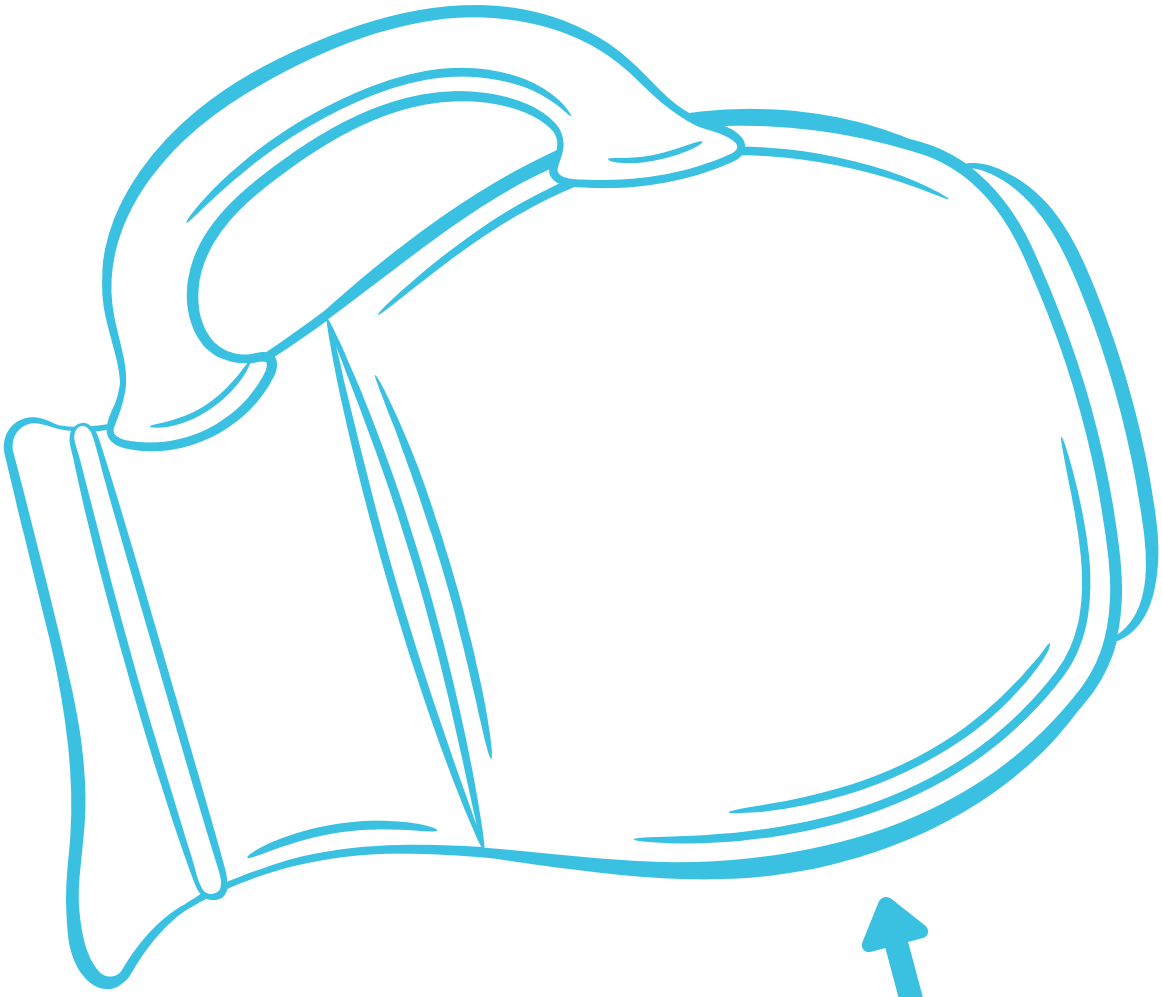
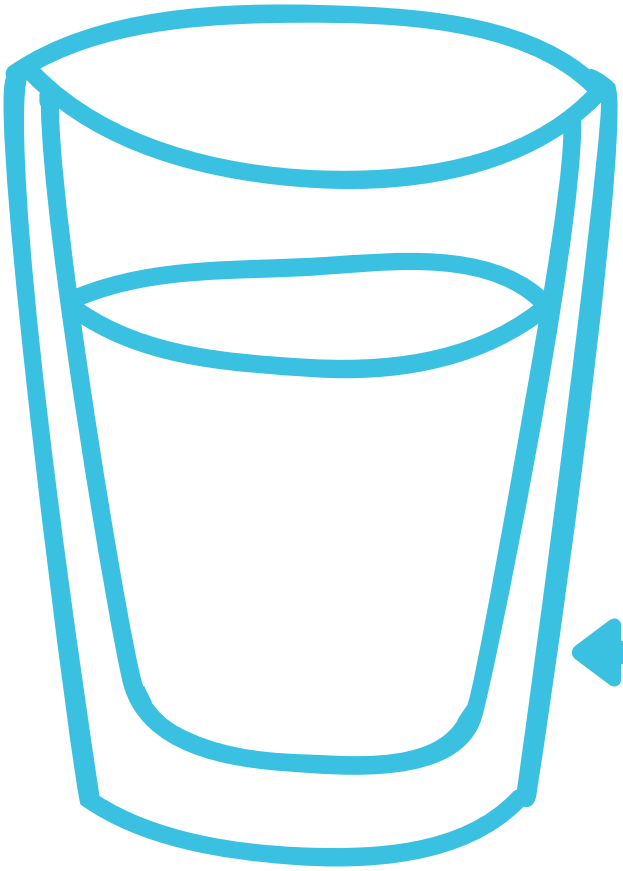
growing kids deeper



WRITE OR DRAW WHAT EACH PERSON IS FASTING IN THE JUG.



BRAINSTORM SOME WAYS YOU CAN MAKE ROOM FOR GOD TO "FILL YOU UP" WHILE YOU FAST.

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