



Discipleship in the Home



Morning Time



You've been learning about prayer and fasting. Sometimes prayer can help us when we want to get angry. When you are playing with others you might get angry if someone doesn't take turns or play fairly. Praying for them can help you not lose your temper.



What did you learn about in your Bible story at church? (Prayer and fasting.) It's always good to start our days with prayer. What would you like to pray for?



You talked about fasting in your small group this week. Do you know why we call the morning meal "breakfast?" It's because we have "fasted" or gone all night without food and we are "breaking" our fast by eating.



Driving Time



Do you remember what Jesus said about fasting in your Bible story? (We shouldn't do it to be seen by others, but by God.) Talk to your child about how fasting might be observed in your family.



This week's sermon was about fasting. Did you talk about fasting in your Bible story? What did you learn about fasting?



Why do you think Jesus told people not to look sad when they fast or tell others they're fasting? (Fasting is a private matter between the individual and God, not for impressing other people.)



Dinner Time



You learned about fasting this week. Do you remember what fasting is? Yes, it means giving up something to spend more time in prayer. What did Jesus give up for prayer? (Food.) What kinds of things can you give up for prayer?



In our country, we are blessed with plenty of food. Why would anyone ever want to fast? (To spend more time in prayer.)



We rarely have to miss a meal for any reason. Is fasting always about food? (No. People can fast from anything that might keep us from spending time with God in prayer.)



Night Time



Bed time prayers are a wonderful habit for us. Let's talk to God and thank Him for our day. Is there anything else or anyone you'd like to pray for?



Did you know that when you sleeping and not eating, you are fasting? That's why the first meal of the day after we wake up is called "breakfast." That's when we break the fast we start when we go to bed.



Fasting is a way of giving up something for God. It's not easy. Can you think of something you might give up or "fast" from in order to spend more time in prayer?



Pre-K



K-3 Grade



4-5 Grade

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