

Going Further

@Home

- **The Family Fast and Feast Faith Talk**—Help your kids encounter and experience a fun, insightful, learning object lesson. This activity helps children understand this topic and how it relates to prayer. A variety of Faith Talks are available for pick up at the Home Point Resource Centers or visit bellevue.org/homepoint.
- **Visit bellevue.org/21days** for more resources on prayer and fasting as well as optional food fasts for adults to consider.
- **Fasting for Spiritual Break Through**—Elmer L. Towns' book shares a guide to nine biblical fasts. Discover nine ways to break bondage and grow closer to God through fasting.
- **Creative Family Prayer Times—52 Fun Ways to Pray Together**—Mike and Amy Nappa's book shares hands-on, creative ideas for families that will bring a change of pace to what you do during family prayer. Change prayer time from a “have to” to a “get to.”
- **Recommended website** – praykids.com

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- **Equip Classes—bellevue.org/equip**—Prayer Opportunities and Fasting 101 classes are offered periodically (also available online in MP3 format). For more details call 347-5750.
- **Home Point Resource Centers**—Find free practical resources and step-by-step guidance tailored to fit your circumstances. Visit these Centers located in the East and West Lobbies. Resources are also available at bellevue.org/homepoint.
- **Family Plan Assessment**—Evaluate your level of intentionality in a variety of areas, for example: your walk with the Lord, your home and church life, your relationships. This personal tool will assist you in planning specific next steps for your family's spiritual growth.
- **Life Group**—Adults, students and kids are invited to connect with others at 8:00, 9:20, and 11:00 a.m. For a current list of classes, visit bellevue.org/connect. Experience biblical teaching and encouraging relationships.

bellevue.org/homepoint

Fasting & Feasting For Families



HomePoint

Pointers

Fasting and Feasting For Families

Life is BUSY!

We have so many things that require our time and attention. Kids have school and sports while parents have jobs, household responsibilities, and finances. Although these things are not “evil”, they can make it difficult to “set your minds on things above, not on earthly things.” (Colossians 3:1-3)

WHAT is fasting and feasting?

Fasting is simply choosing to give up something that is important to you in order to focus your desires on the Lord. Hunger pangs or other longings remind you to turn your thoughts to God and to seek Him above all things. By denying yourself, you are telling God that He is more important to you than _____.

Feasting on God means that all of our cravings, both physical and spiritual, are longings for Him.

*“As the deer pants for streams of water,
so my soul pants for you, my God.” Ps. 42:1*

When we feast on God we seek Him above everything else and become satisfied in Him alone.

Fasting and feasting, when coupled together, result in seeking the Lord with intentional purpose. Many people say that fasting “supercharges” their prayer life because the primary focus of fasting and feasting is undistracted communication with God.

WHO fasted in the Bible?

Jesus felt the pressure of daily demands and distractions and He had a solution. Jesus would frequently go to a private place to be alone with God. His time with the Lord would often include both fasting and praying.

WHY fast and feast?

It’s important for families to have a plan when fasting. In what way might your family benefit from feasting on the Lord?

- Do you need to build faith in your home?
- Do you need to strengthen family relationships?
 - Marriage
 - Parent-child
 - Sibling
- Do you need God’s wisdom for future direction?
- Do you need to have financial peace?
- Do you need God to break a stronghold or habit?

HOW to fast and feast as a family

Below are a few examples of family fasts:

- Select nights to fast from electronics/media in order to share a Faith Talk, spiritual discussion, or family prayer.
- Plan a meal where you eat only what people in another culture might eat (rice, beans, bread, fruit, water).
- Eliminate sweets and sodas and replace with a Table Talk (Ideas are available at bellevue.org/meals).
- Instead of eating at a restaurant, design a family mealtime at home with a spiritual purpose.
- As the parent, include your kids in your personal fast and discuss with your kids the purpose behind it.

As a parent, we must create a positive fasting culture as we model a commitment to prayer. What are you expecting God to do during your fast? God is not impressed with our sacrifices, but He delights in a heart that is focused on him. (Psalm 51:16-17) Visit bellevue.org/21days for other suggestions and insights.