

# Faith Talk

## TRADING UP

### *A Lesson in Fasting and Feasting*

*"I proclaimed a fast, so that we might humble ourselves before our God and ask him for ..."* Ezra 8:21

#### **Things you'll need:**

- Bucket of Legos, jellybeans, marbles, etc.
- One King-size candy bar (or other incentive) per person

#### **Faith Talk:**

Some biblical concepts, including prayer, obedience, and creation, are common lessons for children. However, biblical fasting is a more difficult truth to explain. The following activity provides an object lesson to describe the value of fasting.

Explain that you have designed a contest where everyone can be a winner! Each person takes a turn grabbing as many items in the bucket as possible. Remove any loose pieces before counting the maximum number held firmly. Record everyone's number.

Next, while still grasping tightly, present the candy bar. Each person can keep the incentive IF they can add it firmly to their grasp. After some creative problem solving, discuss the necessity of subtracting things in order to add something of greater value. What do you have to do in order to win the candy bar?



**HomePoint**  
*Building Faith at Home*

The discovery of “trading up” is a beautiful description of biblical fasting. Our lives are busy and full. School, activities, and work demand time and energy from our daily schedule. In order to add focused attention to a season of prayer, we must subtract other things. Fasting is not a physical “suffering” to impress God; fasting allows us to prioritize and maximize our time with the Lord.

When we “fast from” things, we are able to “feast on” the Lord. We “remove” in order to “replace”.

How would you like God to move in your family?

- Do you want God’s wisdom for future direction?
- Do you want to seek financial peace in your home?
- Do you want to strengthen family relationships?
- Do you want to begin weekly Faith Talks as a family?
- Do you want God to break a specific stronghold or habit?

How can your family remove “Legos” from your schedule in order to intentionally seek the Lord for King-sized wisdom?

What can you “fast from” in order to “feast on” the Lord?

Creating a positive, expectant culture of fasting in your home will begin in you. Parents set the tone for prayer and fasting.

Examples of fasts:

1. Two nights each week, fast from electronics in order to share a Family Faith Talk, spiritual discussion or prayer time.
2. Eliminate sweets and replace dessert time with a Table Talk.
3. Visit the Prayer Center as a family before Worship services.

If I want my family to seek the Lord first, it starts in me.

*“Seek first the kingdom of God above all else, and live righteously, and He will give you everything you need.” Matthew 6:33*