

Fast Calendar for Youth 2024

For the next 21 days, we are fasting as a church community. Our church fast begins on Wednesday, March 6th and our last day is Wednesday, March 27th. While you fast, focus on developing a closer relationship with God.

Do your best to not break your fast until the 21 days are over. While you fast, you'll experience that sometimes the Holy Spirit and your flesh want different things. Part of our spiritual growth as Christians, is to say "no" to our flesh and "yes" to the Holy Spirit.

Fun Facts About Fasting

- Fasting is a common spiritual discipline for Christians.
- Fasting and praying go hand in hand in the scriptures.
- Fasting is a spiritual exercise to help us focus on God and grow closer to Him.

Each week, you'll read and reflect on these portions of scripture.

- Week 1-Days 1-7 (Matthew 6:16-18)
- Week 2-Days 8-14 (Daniel 1:8-16)
- Week 3-Days 15-21 (Isaiah 58:6-7)

As you fast, keep in mind of what Jesus says in Matthew 6:16-18.

Jesus says, when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Day 1 Fast from junk food	Day 2 Fast from Wi-fi	Day 3 Fast from social media	Day 4 Fast from Electronics	Day 5 Fast from foul language	Day 6 Fast from complaining	Day 7 Your Choice of Fast
Day 8 Fast from sugary drinks	Day 9 Fast from meat	Day 10 Fast from junk food	Day 11 Fast from social media	Day 12 Fast from Wi-fi	Day 13 Fast from meat	Day 14 Your choice of Fast
Day 15 Fast from junk food	Day 16 Fast from meat	Day 17 Fast from gossiping	Day 18 Fast from Wi-fi	Day 19 Fast from social media	Day 20 Fast from junk food	Day 21 Your choice of Fast

FASTING

What is Fasting?

Fasting is to go without food or drink for a period of time. Fasting can go for 1 day, 3 days, 21 days, or even 40 days.

Why do we Fast?

We fast and pray along with the other spiritual disciplines, to develop a closer relationship with God.

What kind of attitude should I have when I Fast?

Jesus gave us instructions on our attitude when you fast in Matthew 6:16-18.