SEEK FIRST

FAMILY FASTING GUIDE

LifePoint CHURCH

LifePoint Families

Fasting is a spiritual practice that helps us slow down and make space to focus on God. Rather than simply giving something up, fasting invites us to turn our attention toward prayer, Scripture, and dependency on God to satisfy our souls.

For families with young children, we would encourage you to consider fasting from something else that regularly takes our time and attention—such as digital screens.
Choosing to fast from screens will create space for connection with God and with one another. Families might use this time that would otherwise be given to screens to walk through this family guide. We pray this will encourage your family as we begin the year with hearts turned towards Christ. This may mirror a pattern your family is already following, or help establish a new family discipleship rhythm to continue through the year.

How To Use This

Each day, your family can walk through the Scripture reading, connect the passage to fasting, and pray together.

This resource provided is meant to support your family during this time and is intended to be used alongside our other fasting resources. There is no perfect way to do family discipleship—start small, extend grace, and focus on growing together in faith.

DAY 1 (Sunday, January 4)

THEME

What Is Fasting & Why Do We Fast?

SCRIPTURE READING

Matthew 4:1–11 (Jesus' 40-Day Fast)

MEMORY VERSE FOR THE 3 DAYS

"Taste and see that the Lord is good." — Psalm 34:8

1. Parents Read Matthew 4:1–11

Jesus shows us that fasting is about depending on God more than anything else. When the devil tempted Him, Jesus answered with Scripture and reminded us that God's Word is what truly gives life.

2. Scripture Connection

Fasting is choosing to give something up for a short time so we can focus more on God. In the Bible, people fasted to:

- Seek God's help
- Ask for wisdom
- Show repentance
- Grow closer to God
- Prepare for something important

Today, we are giving up screens and digital devices so our hearts and minds can slow down and pay attention to Jesus.

3. Examples of Fasting in Scripture

- Moses fasted when meeting with God (Exodus 34).
- Daniel fasted to seek wisdom (Daniel 10).
- Esther & Israel fasted for protection (Esther 4).
- The early church fasted before sending missionaries (Acts 13).
- Jesus fasted for 40 days before beginning His ministry (Matthew 4).

4. Prayer

"Jesus, help us understand fasting like You did. As we give up screens, help us pay attention to You and hunger for Your Word more than anything else."

He / We / Me Questions

HE — What does this story teach us about God and Jesus?

WE — What does this story teach us about how Christians should live? What about those who don't follow Jesus yet?

ME — What does this story mean for me today as I choose to fast from screens?

DAY 2 (Monday, January 5)

THEME

Learning to Pray Like Jesus

SCRIPTURE READING

Matthew 6:5–18 (The Lord's Prayer)

MEMORY VERSE

"Taste and see that the Lord is good." — Psalm 34:8

1. Parents Read Matthew 6:5–13

Jesus tells us:

- Don't pray to impress others
- Talk to God like a loving Father
- Pray for God's kingdom, not our own
- Trust God for daily needs
- Ask for forgiveness and help to forgive
- Ask God for protection and strength

2. Scripture Connection

- Screens can make our minds noisy.
- Prayer teaches our minds to slow down and listen to God.

Prayer reminds us that God is close, caring, and ready to lead us.

3. Fasting + Prayer Go Together

Fasting is not just giving something up — it's replacing it with something better.
Today we learn why Jesus taught us to pray and how prayer opens our hearts to God.

4. Prayer

Say the Lord's Prayer together slowly.
Then invite kids to share one thing they want to pray for today.

He / We / Me Questions

HE — What does the Lord's Prayer teach us about God?

WE — What does this teach us about how we should live and pray?

ME — What part of the Lord's Prayer stands out to me today?

DAY 3 (Tuesday, January 6)

THEME

Jesus Is the Bread of Life

SCRIPTURE READING

John 6:1–14 & John 6:25–35

MEMORY VERSE

“Taste and see that the Lord is good.” — Psalm 34:8

1. Parents Read John 6:1–14 & John 6:25–35

First, Jesus feeds 5,000 people with a small lunch.
Then He teaches the crowd something even more amazing:

“I am the bread of life.” — John 6:35

2. Scripture Connection

- Food fills our stomachs.
- Screens fill our time.
- But only Jesus fills our hearts.

When we fast, we remember that Jesus is the One we truly need every single day.

3. What Jesus Wants Us to Know

- Jesus provides what we cannot provide ourselves
- Jesus satisfies our spiritual hunger
- Jesus welcomes everyone who comes to Him
- Jesus gives eternal life

4. Prayer

“Jesus, thank You for providing for our needs and filling our hearts. Help us hunger for You more than anything else.”

He / We / Me Questions

HE — What do these stories teach us about Jesus being our provider?

WE — What does this teach us about trusting Jesus as a family?

ME — How do I want Jesus to fill my heart today?

DAY 4 (Wednesday, January 7)

THEME

Remembering Jesus Through Communion

SCRIPTURE READING

Matthew 26:17–30

MEMORY VERSE

“Taste and see that the Lord is good.” — Psalm 34:8

1. Parents Read Matthew 26:17–30

Jesus took bread and said it represented His body broken for us.
He took the cup and said it represented His blood poured out for our sins.
Communion reminds us:

- Jesus forgives
- Jesus saves
- Jesus is with us
- Jesus is coming again

2. Scripture Connection

- Fasting teaches us to give up something.
- Communion teaches us that Jesus gave up everything for us.
- As we end this fast, we celebrate His love and remember His sacrifice.

3. Final Focus

Even though the 3-day fast ends today, we want to finish by remembering why we follow Jesus.

At the Last Supper, Jesus gave us Communion so we would never forget:

- His love
- His sacrifice
- His promise to return

4. Prayer

“Jesus, thank You for dying and rising again for us. Help us remember You, follow You, and love You with all our hearts.”

He / We / Me Questions

HE — What does this story teach us about Jesus’ love and sacrifice?

WE — How should Christians respond to what Jesus has done?

ME — What does communion make me thankful for today?