

Fast

Acts 13:1-3 | The Apostles Fast and Pray

Big Idea

Prayer and fasting make a radical difference.

Conversation Starters:

Get ideas flowing by sharing some of your own ideas too!

Use these questions to get your kids thinking about the Big Idea.

- What is prayer? How would you explain it to someone who never heard of it before?
- Who can pray?
- What is fasting?
- Why do you think people fast?

Video:

Watch this week's video.

Pray & Discuss:

After the video take time to talk about it together.

- What did the apostles do in the God Story? Why?
- What was the Life Story about?
- How did the Life Story and God Story connect with the Big Idea?
- **Pray:** Dear God, please transform our hearts and allow Jesus to make a radical change in our lives. Thank you for loving us. In Jesus' name we pray, AMEN.

Paper Listen/Prayer Activity

Supplies:

- Picture activity page
- Chopstick (or pencil)
- Markers
- Glue stick

Prep: print the picture activity page.

- Give your child the picture activity page with praying hands and the word "Listen."
- Encourage them to colour the prayer hands and then cut out the squares.
- Help them glue the squares of paper together with the chopstick or pencil in between the squares.
- Show everyone how to roll the chopstick back and forth in your hands to make it spin. The word "listen" should land between the prayer hands.
- Suggest that your child focus on spinning their craft to keep their minds from wandering as they pray.
- Pray together with your child and encourage them to spin as you pray!



Additional Activities

Key Verse Activity

Supplies:

- Key verse sign
- Key verse in pieces

Review the key verse together. Discuss:

- What do you think it means to “live in Christ”?
- What is “new” in us?

Next, give your child the Key Verse in pieces and challenge them to put the verse together using the Key Verse sign at first, and then, without the help of the sign.

If it would be fun for your child, time them and see if they can race to beat their own time in putting the verse together.

“When anyone lives in Christ, the new creation has come. The old is gone! The new is here!” 2 Corinthians 5:17 (NIRV)