

# Prayer Requests

Use the space below to write your prayer requests and praises in the space below



## Continuing the conversation

Today, Pastor CJ will be talking about fasting. Fasting is the practice of not eating or drinking or giving up some other regularly enjoyed good gift for a period of time in order to draw closer to God. It can help our hearts and minds focus on being fulfilled by God, not things of this world.



This packet is best suited for our older kids: elementary aged readers and writers

## Sermon notes & activities March 9, 2025 Faith Works 'Fasting/Fulfilled'



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If you have questions about Adventure:Kids, contact Callie Williamson  
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Fasting is not a punishment or something we 'should' or 'have to' do. Fasting is an opportunity! It's a way for us to 'fill up' on what's important. Think about things that occupy your heart and mind. Fill in the sentences below to help you!

One thing I love to eat is \_\_\_\_\_.

One thing I love to do is \_\_\_\_\_.

One show I love to watch is \_\_\_\_\_.

One game I love to play is \_\_\_\_\_.

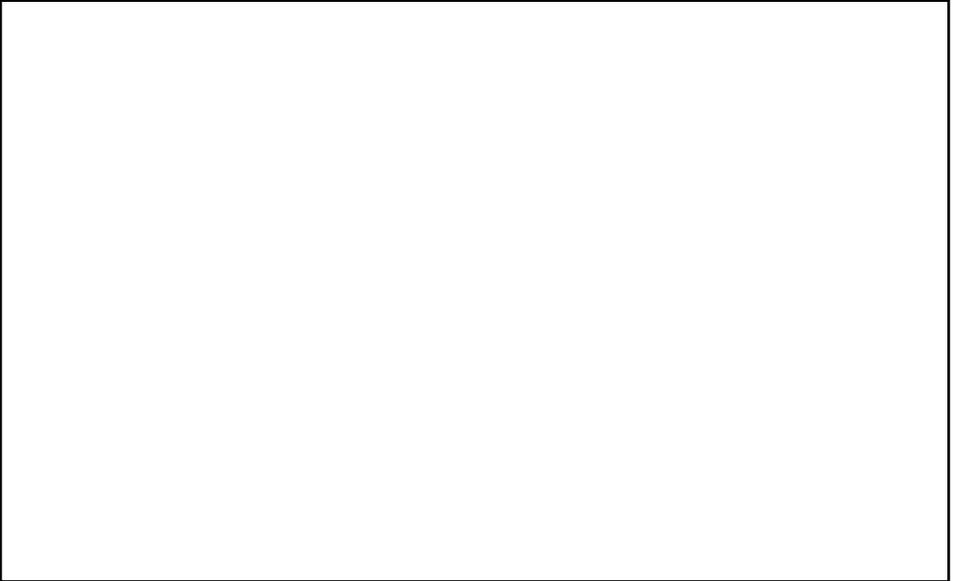
One drink I love to drink is \_\_\_\_\_.

One thing I love to think about is \_\_\_\_\_.

One electronic or gadget I love to spend time on is \_\_\_\_\_.

Are any of these things 'filling you up' when God could be? Are any of these things you could fast from during Lent?

What is something you could 'fast' from in your life in order to make more space for God? Fasting helps us to focus more on God when we'd rather be focusing on the thing we're fasting from. Write or draw about what you can fast from during Lent.



Memory verse:

I Timothy 6:6

Look up the verse, write it down, and memorize it this week.

# Prayer Requests

Use the space below to write or draw your prayer requests and praises



## Continuing the conversation

Today we will listen to Pastor CJ talk to us about being fulfilled by God. That means that God can give us all we need to make our life content. Sometimes we need to remind ourselves to turn our hearts and minds to God. One way we can do that is through fasting. Listen as we learn about how people have fasted and how we can.



This packet is best suited for our littlest kids: toddler-preschool aged

Sermon notes & activities  
March 9, 2025  
Faith Works  
'Fasting/Fulfilled'

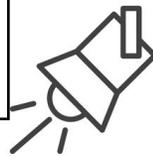


Fast - © TheCatholicKid.com

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# Focus words



Color it!

# fasting

Trace it!

fasting

Write it!

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## What does it mean?

Fasting is a time people give up food, drink, or some other enjoyed good gift. We don't do this to make God happy, but to help us learn that God can be enough for us! Is there something you can 'fast' from?

Fasting helps us to draw closer to God and to focus more on Him than on other things. Draw a picture of something you can 'fast' from during Lent.

Memory verse:

I Timothy 6:6

'Godliness with contentment is great gain.'