

Ezra Students

During this 21-day period, you will use this resource to learn about Prayer & Fasting. Each day, take one slip from the “give up” cup to fast from. Then take a slip from the “fill up” cup to complete. We hope and pray this resource will allow you to give up something for God to get closer to Him.

Why Fast?

Fasting is one of the oldest and most prevalent spiritual practices in the Bible. Great leaders in the Bible fasted routinely, including Moses, David, Jeremiah, Isaiah, John the Baptist, Jesus and the disciples. Jesus expects that we will fast regularly. In Matthew 6:16, Jesus addresses fasting specifically when he tells the disciples, “When you fast...”. Notice Jesus says “when” not “if”. Jesus assumes that we will fast. Though fasting is assumed, it is not required. We don’t have to fast, we get to fast. Like all intentional spiritual practices, fasting should not be legalistic – we are not earning approval from God through fasting.

The goal of fasting...

- is to draw nearer to God.
- allows us to create space in our minds and hearts for more of God’s presence.
- helps us focus on God instead of our comforts and conveniences.
- reminds us that God provides every good and perfect gift.
- helps us open our heart to hear from God, no matter our age.

The important thing is to recognize the value behind personal sacrifice. By setting aside special times to disconnect from some of the extracurricular activities and treats you enjoy on a regular basis, you learn how to connect to God in a closer way

Ezra Students Prayer & Fasting

1. Cut out each give**UP** slip and place in a give**UP** cup.
2. Cut out each fill**UP** slip and place in the fill**UP** cup.
3. Pull 1 slip from the give**UP** cup to see what you are going to fast from that day.
4. Pull 1 slip from the fill**UP** cup to see how you are going to draw near to God for the day.

giveUP	sugars, desserts & candy	fillUP	Psalm 100. Make this Psalm a prayer of thanks and praise for God's goodness and love.
giveUP	tv, movies & videos	fillUP	Psalm 27. Make this Psalm your prayer to fight anxiety recognizing God as your "one thing" in every situation.
giveUP	sodas & special drinks <i>(only drink water)</i>	fillUP	Psalm 32. Make this Psalm your prayer asking God's forgiveness and freedom from guilt.
giveUP	chips & crackers	fillUP	Psalm 42. Make this Psalm your prayer to thirst for God above all else.
giveUP	snacks for the day	fillUP	Psalm 143. Make this Psalm your prayer asking God to guide your life in the way he wants it to go.
giveUP	Internet <i>(not used for school)</i>	fillUP	Psalm 145. Make this Psalm your prayer to praise the greatness of God.
giveUP	sugars, desserts & candy	fillUP	Psalm 119:1-16. Make this Psalm your prayer to love God's word and commit to walking His way.
giveUP	tv, movies & videos	fillUP	Psalm 119:97-104. Make this Psalm your prayer that God's word would taste like sweet honey to you.
giveUP	video games	fillUP	Psalm 91. Make this Psalm your prayer that God would protect you.
giveUP	video games	fillUP	Psalm 22. Jesus quoted this on the cross. Make this Psalm your prayer to praise God even when things are hard.
giveUP	sodas & special drinks <i>(only drink water)</i>	fillUP	Psalm 23. Make this Psalm your prayer that you would see Jesus as the shepherd who leads and protects you.
giveUP	chips & crackers	fillUP	Psalm 77. Make this Psalm your prayer to recognize the goodness of God even when you can't feel it.
giveUP	snacks for the day	fillUP	Psalm 51. Make this Psalm your prayer confessing your sins and asking God to purify your heart.
giveUP	Internet <i>(not used for school)</i>	fillUP	Psalm 104. Make this Psalm your prayer to praise God for all the things he has made.
giveUP	sugars, desserts & candy	fillUP	Psalm 73. Make this Psalm your prayer that God might be your strength.
giveUP	tv, movies & videos	fillUP	Psalm 139. Make this Psalm your prayer praising God that he knows you better than anyone else.
giveUP	video games	fillUP	Psalm 2. Make this Psalm your prayer thanking God for the promises of Jesus.
giveUP	sodas & special drinks <i>(only drink water)</i>	fillUP	Psalm 63. Make this Psalm your prayer to desire God more than anything else.
giveUP	chips & crackers	fillUP	Psalm 136. Make this Psalm your prayer praising God that he loves forever.
giveUP	snacks for the day	fillUP	Psalm 4. Make this Psalm your prayer seeking relief by asking God for his light, love, and peace to fill you
giveUP	Internet <i>(not used for school)</i>	fillUP	Psalm 57. Make this Psalm your prayer to awaken your soul and praise the love of God.