

Fasting from Bad Habits

Fasting is usually associated with not eating, or giving up, certain foods for a period of time. However, fasting can also refer to giving up other things, like bad habits or other temptations.

Jesus gives us instructions on fasting in the Sermon on the Mount (Matthew 6:16-18).

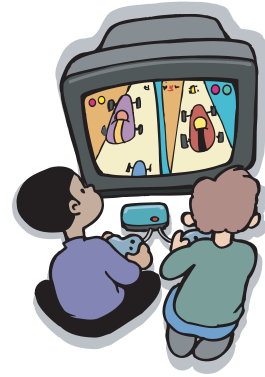
Circle the examples of bad habits or temptations it might be good to give up.



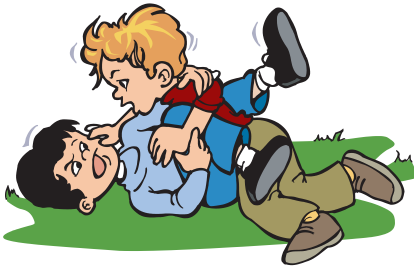
Complaining



Caring for pets



Playing too many video games



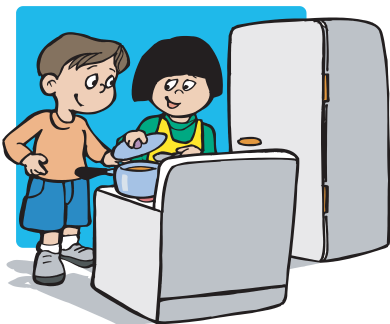
Fighting



Donating old toys



Helping others



Helping make lunch



Teasing



Being a picky eater