

FASTING: THE UNFEAST

THREE WAYS IT'S GOOD

- **SPIRITUAL** // In the Bible, people fasted for a lot of different reasons. To get right with God (Nehemiah 9:1). As an act of worship (Acts 13:2). To discern the Lord's will (2 Chronicles 20:3). And Jesus fasted to get ready for His public ministry (Matthew 4:2). Whatever the reason, fasting helps people break free from the clutter of our world—so they can focus their thoughts and prayers on what God wants. In other words, **fasting can bring your group closer to Christ.**
- **EXPERIENTIAL** // You will, literally, get a taste of what life is like for the hungry kids you're helping. It'll obviously be less extreme, but it will help you identify with their reality.
- **RELATIONAL** // Nothing unites your students like a shared challenge!

TWO MUST-DO'S

- **SLEEP LOTS** // Lower calorie intake means lower energy levels, so encourage teens to get a good amount of sleep before and during Famine weekend.
- **HYDRATE MORE** // Have lots of juice and water on hand during your event. Be tummy-friendly by avoiding acidic juices like OJ.

Involve Mom and Dad to help the lesson last.

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Invite parents to fast in solidarity while their kids are doing the Famine. Make it a shared experience; it just might open up new conversations about faith. Visit 30hourfamine.org/stickyfaith for more nuggets like this.

MEDICAL DISCLAIMER

Most people can go without food for 30 hours without any side effects. Exceptions include, but are not limited to: children younger than 12 and the elderly; pregnant or nursing women; and people with specific medical conditions or eating disorders. If students or parents have any concerns, have them check with a doctor first.