

Example Calendar For Kids Fasting

DAY 1

FAST SUGARS, DESSERTS
& CANDY
Psalm 25:4-5

DAY 2

FAST TV, MOVIES, DVDs & VIDEOS
Colossians 1:10

DAY 3

FAST TV, MOVIES, DVDs & VIDEOS
Philippians 3:13-14

DAY 4

FAST SUGARS, DESSERTS
& CANDY
Ezra 8:23

DAY 5

FAST COMPUTER (EXCEPT FOR SCHOOL) & VIDEO GAMES
Isaiah 54:2-3

DAY 6

FAST COMPUTER (EXCEPT FOR SCHOOL)
& VIDEO GAMES
Mark 9:29

DAY 7

FAST SUGARS, DESSERTS
& CANDY
Luke 22:42

DAY 8

FAST SUGARS, DESSERTS
& CANDY
Philippians 2:3-5

DAY 9

FAST TV, MOVIES, DVDs & VIDEOS
Nehemiah 4:14

DAY 10

FAST TV, MOVIES, DVDs & VIDEOS
John 17:20-21

DAY 11

FAST SUGARS, DESSERTS
& CANDY
Matthew 9:14-15

DAY 12

FAST COMPUTER (EXCEPT FOR SCHOOL)
& VIDEO GAMES
Isaiah 40:29-31

DAY 13

FAST COMPUTER (EXCEPT FOR SCHOOL)
& VIDEO GAMES
1 Timothy 2:1-2

DAY 14

FAST SUGARS, DESSERTS
& CANDY
James 1:5

DAY 15

FAST SUGARS, DESSERTS
& CANDY
Isaiah 54:10

DAY 16

FAST TV, MOVIES, DVDS & VIDEOS
Psalm 5:11-12

DAY 17

FAST TV, MOVIES, DVDS & VIDEOS
Daniel 11:32

DAY 18

FAST SUGARS, DESSERTS
& CANDY
1 John 5:14

DAY 19

FAST SUGARS, TV, COMPUTER (EXCEPT FOR SCHOOL)
& VIDEO GAMES
Nehemiah 1:4-5

DAY 20

FAST SUGARS, TV, COMPUTER (EXCEPT FOR SCHOOL)
& VIDEO GAMES
Matthew 6:16-18

DAY 21

FAST SUGARS, TV, COMPUTER (EXCEPT FOR SCHOOL)
& VIDEO GAMES

Matthew 6:33