

AWAKENING

Sample Kids Fasting Calendar

Day 1 Fast Sugars, Desserts, & Candy Psalm 25:4-5	Day 2 Fast TV, Movies, DVD's & Videos Colossians 1:10	Day 3 Fast TV, Movies, DVD's & 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, DVD's & Videos Nehemiah 4:14	Day 10 Fast TV, Movies, DVD's & 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 I 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, DVD's & Videos Psalm 5:11-12	Day 17 Fast TV, Movies, DVD's & Videos Daniel 11:32	Day 18 Fast Sugars, Desserts, & Candy I John 5:14	Day 19 Fast Sugars, Desserts, Candy, TV, Movies, DVD's, Computers (except for school) & Video Games Nehemiah 1:4-5	Day 20 Fast Sugars, Desserts, Candy, TV, Movies, DVD's, Computers (except for school) & Video Games Matthew 6:16-18	Day 21 Fast Sugars, Desserts, Candy, TV, Movies, DVD's, Computers (except for school) & Video Games Matthew 6:33

Important Note: Fasting requires reasonable precautions. If you have any health concerns, please consult your physician prior to beginning your fast, especially if you are taking medications, have a chronic condition, or are pregnant or nursing a baby.