

LENTEN FASTING JAR

A FAMILY ACTIVITY THROUGHOUT LENT

During lent, fasting is a way to become closer to God - to sacrifice some of the things that we like but don't need

You will need:

- A glass jar
- Paddle Pop Sticks or cut out template (on next page)
- Permanent Marker
- List of fasting ideas

Instructions:

1. Find a small glass jar to be your base.
2. Grab some paddle pop sticks and as a family write some ideas of how you will fast this Lent. You can write them on the paddle pop sticks, write them on pieces of paper or print out the template below.
3. Once created place all ideas in the glass jar. Depending on how many you have created, pull one out everyday or every couple of days to grow closer to God this Lent.



LENTEN FASTING JAR

FASTING IDEAS

Fast from negative words

Fast from your favourite food

Fast from video games or devices

Fast from ice-cream or extra treats

Fast from loudness, practise stillness

