

Matthew 4; Luke 4-5

February 4-10

Auggie Learns About Fasting

"Mom, where's breakfast?" Auggie asked as he walked into the kitchen.

"Remember, Auggie? It's Fast Sunday!" Mom said as she placed some Cheerios on June's high chair tray.

"Oh yeah... But I'm hungry!" Auggie whined. "June gets to eat, why can't I?"

"Do you remember when we talked last night in preparation for today? I know it's hard. But did you know Jesus fasted for 40 days and nights? I'm sure you could miss one meal. Besides, June isn't old enough to understand fasting. You are."

"Fine. I'll fast." Auggie said with a pout. Mom could sense his frustration and pulled open the scripture app on her phone she pointed out Matthew 6:16 and read it.

"Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward."

You need to fast with a happy heart! Fasting is a wonderful opportunity for us to grow closer to our Heavenly Father!"

"What do you mean? Auggie wondered.

"Well when we fast we constantly have a prayer in our hearts. So many things happen for us when we fast! We are strengthened spiritually, have a greater desire to serve, we're nicer to others, we can receive revelations from the spirit, and help us when we are struggling with temptation."

"Oh. That's cool! How do I fast?" Asked Auggie.

"You say a prayer to start your fast. A fast without a prayer is just going hungry. Here, I can help you start your fast so you can learn to fast on your own!"

"Okay! Thanks, Mom!"