

PrayKids!

ADVENTURES WITH JESUS IN PRAYER

The Word on...

Fasting

Fasting is when you choose to give up something you really want so you can focus on God and prayer for a time. Normally, you pray with your spirit and soul (your soul is your mind, will, and emotions). But **fasting** gets your body involved, too. It's sort of like body prayer. When you **fast**, you are praying with your whole self.

Want to add nuclear power to your prayers? When Adam and Eve sinned in the Garden of Eden, it was because they wanted something they shouldn't have had so badly that they finally gave in. But if you "just say no" to something you really want for the purpose of prayer, it shows God—and the enemy—that you are really serious about it. It's like releasing an atomic prayer-bomb! ★

ON THE FAST TRACK

BY KIM BUTTS

What would you do if Jesus asked you to put Him above everything else? Would you be willing to give up some things for a while that are very important to you just to focus on Him? Guess what? Jesus DID ask us to put Him first!

We have so many things going on in our lives that take up our time and attention—things like friends, sports events, eating, sleeping, TV, video games, shopping at the mall. None of these things are wrong, but they do keep us busy and thinking about things other than God. Even Jesus felt the pressure of everyday things taking up His time.

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