

A GUIDE FOR X A Family Fast

Set Your Family Up for a Jesus-Centered 2026

Use these 21 Days of Prayer and Fasting to guide your family to shift their **posture** toward Jesus together and experience His **presence** in your home in a powerful way!

Family-Friendly Fasting Options

Fasting doesn't have to be overwhelming, it's about intentionally creating more space for God.

Food or treats

Skip dessert or a specific snack (like fruit snacks).

Screen/Media Intake

Limit TV, devices, or gaming for certain hours.

Complaining

Replace complaints with gratitude or encouragement.

+ Added habits

Start a family prayer time, family gratitude journal, or Scripture reading before bedtime.

Tips for a Family Fast

Use these tips as a guide as you discover what works best for your family.

Change focus weekly

Pick a new theme each week to keep kids engaged.

Make it interactive

Use a prayer jar, go on prayer walks, or serve together.

House of Worship

Choose to play only Jesus-centered music in your home and car for the 21 days

Celebrate daily wins

Notice answered prayers, kind actions, or moments where you experience God's presence.

Keep it realistic

Focus on creating space for God, not perfection or the 'ideal fast'.

Finish with a celebration

Share what you learned, thank God, and celebrate together.

My heart is not proud, Lord, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me. But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content. Israel, put your hope in the Lord both now and forevermore. Psalm 131

How to Get Started

1

CHOOSE YOUR FAMILY'S FAST

Decide what to give up or focus on together

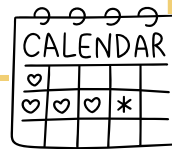


Ask: What is something we spend a lot of time on that we could pause to focus on God?

2

SET A DAILY ROUTINE

Pick specific times each day for prayer, Scripture, or reflection (car rides, the dinner table, and bedtime works well)



Display this in your home to help your kids, and you, remember.

3

PREPARE YOUR KIDS

Explain the fast in simple, age-appropriate ways

Here are some ways to explain to kids based on their age:



Resources

Fill Your Home with Worship



Scan here for a Family playlist:



Find a Family Bible Plan on

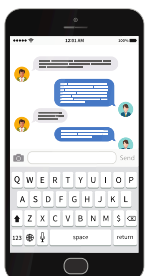


YouVersion

Here are a few recommendations:

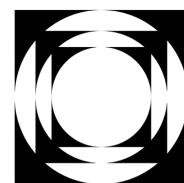
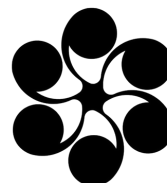
- A Family of Prayer
- Abide: Prayer and Fasting
- Set Apart | Prayer, Fasting, and Consecration
- A 7 Day Guide to Prayer
- Kids: 21 Days of Fasting and Prayer

Opt-In for Text Messages



Text FAMFAST to 97000 to receive:

- Weekly tips and ideas
- Prayers for your family
- Encouragement
- Reflection questions + more!



2026

ALTÆRED

21 Days

JANUARY

Over the next 21 Days, our family will fast _____.

We will encourage one another, pray for one another, remind each other why we are fasting.

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5  Start	6	7	8	9	10
11	12	13	14	15  Middle	16	17
18	19	20	21	22	23	24
25  End	26	27	28	29	30	31

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