

## Fasting Ideas Handout

In general, to fast, is to abstain from food and/or drink for a certain period of time in order to humble ourselves and to help us draw closer to God.

Today with all the many distractions of our world, often people will choose to fast from something other than food, although food is also on the list. The following is a short list of some things that families could fast from and a list of Tikkun Olam-focused activities (see intro to Fasting Session) that families could do instead.

### Fasting Ideas

- Cell Phones
- Social Media
- Television
- Selfies
- Electronics except during school and business hours
- Bread products
- Netflix
- Surfing the web
- Sarcasm
- Hot showers (awareness)
- Saying negative or hurtful things
- Non-essential shopping
- Sweets
- Shortcuts (like elevators)
- Junk Food
- Music (try silence)
- Soft drinks
- Video games

### Fasting Replacement Ideas

(Things to do during the fasting time)

- Volunteer to plant trees with a conservatory (Help restore God's creation)
- Plant a garden – indoor in pots or outdoor (Take part in God's creation)
- Do something that brings your family joy such as family game night, roller skating or a trip to the zoo (Enjoy God's creation – you!)
- Do a family devotion together (Seek God)
- Family prayer time (Spend time listening to God)
- Go for a walk together in the evenings (Enjoy God's creation)
- Serve people in the neighborhood as a family (Caring for others – they are also part of God's creation)
- Create something together such as art, a tree fort or garden boxes (Creating is a reminder of creation)
- Cook together (Enjoying God's bounty)