

# FAST 2021

## KIDS FASTING CALENDAR

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |
|---|--|--|---|---|---|--|
|   | <b>DAY 1</b><br>FAST TV, MOVIES, DVDs & VIDEOS<br><i>Colossians 1:10</i> | <b>DAY 2</b><br>FAST TV, MOVIES, DVDs & VIDEOS<br><i>Philippians 3:13-14</i> | <b>DAY 3</b><br>FAST SUGARS, DESSERTS & CANDY<br><i>Ezra 8:23</i> | <b>DAY 4</b><br>FAST COMPUTER (EXCEPT FOR SCHOOL) & VIDEO GAMES<br><i>Isaiah 54:2-3</i> | <b>DAY 5</b><br>FAST COMPUTER (EXCEPT FOR SCHOOL) & VIDEO GAMES<br><i>Mark 9:29</i> | <b>DAY 6</b><br>FAST SUGARS, DESSERTS & CANDY<br><i>Luke 22:42</i> |
| 10  | 11   | 12   | 13  | 14  | 15  | 16   |
| <b>DAY 7</b><br>FAST SUGARS, DESSERTS & CANDY<br><i>Philippians 2:3-5</i> | <b>DAY 8</b><br>FAST TV, MOVIES, DVDs & VIDEOS<br><i>Nehemiah 4:14</i>   | <b>DAY 9</b><br>FAST TV, MOVIES, DVDs & VIDEOS<br><i>John 17:20-21</i>       |   |   |   |  |
| 17  | 18   | 19   |   |   |   |  |
|   |  |  |   |   |   |  |