

Discipleship in the Home



Fasting Subtraction and Addition

Fasting is all about **subtraction** and **addition**. Ask your children, "Is there anything we can **subtract** from our lives this month to give more space, energy, and time to pay attention to God during our days? And, is there something we can **add** (maybe a bit more time in prayer or more music) to help us focus and be more attuned to God?"

Example: This month I will subtract 10 minutes of Youtube each day and will add 10 minutes of prayer time.