

TREASURELAND LENT

WEEK 2

PRESCHOOL-5TH
GRADE:

FASTING AND 40 DAYS

DATE: 2/28/21

READ: MATTHEW 4:1-2

- Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, He was hungry.

ANSWERS AND NOTES:

THINK!

- Many people decide to "give up" things for Lent to help them remember that Jesus gave His life for us, but you can also "take on" doing good things, just like Jesus did.
- Jesus fasted for 40 days and 40 nights to prepare for His ministry just like we fast during Lent to prepare for celebrating Easter.

QUESTIONS:

- What does it mean to fast?
- What are some things we can fast during this Lent season?
- Why do you think Jesus fasted?

Activity: Fasting List

- This week we are giving you a list of ideas of things you could fast from or take on. Pray with your family and decide what you would like to give up or take on like Jesus did during this Lenten season.