







# EMPTY HANDS

A TEACH & PLAY LESSON · HUNGER FOR GOD · MATTHEW 6:18

"Your Father, who sees what is done in secret, will reward you." — Matthew 6:18

The game was loud. This part is just for you. Be honest — no one else reads this.

## 1. Right now, my heart toward fasting is... *(circle one)*

-  CURIOUS — I want to learn
-  NERVOUS — sounds extreme
-  CAN'T — medical/parent reasons
-  HUNGRY — I want more of God

## 2. One thing that confuses or worries me about fasting is...

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## 3. If I fasted, I'd want it paired with... *(check any)*

- Prayer    Worship    Bible reading
- Asking parents first    Not sure yet

## 4. Tonight, I want to say yes to... *(circle)*

- ▶ Learning biblical fasting — not dieting or show (Matt 6:16–18)
- ▶ A parent-approved meal or media fast with prayer
- ▶ Praying when I feel hunger instead of grabbing a distraction
- ▶ Waiting and asking a leader — that is okay too

## 5. My prayer, in my own words:

*"Father — I want You more than snacks, screens, or comfort. Teach me to empty my hands and fill my heart. Lead me in safe, secret, prayer-filled fasting if You're calling me. Amen."*

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**Empty your hands. Fill your heart.**