

# Hunger for God

Buried & Raised · complete in class or at home

Name \_\_\_\_\_

Date \_\_\_\_\_

*"When you fast, put oil on your head and wash your face, so that it will not be obvious to others..." —*  
**Matthew 6:17**

**1. Fill in the blank:** *(Acts 13:2)*

While the church was worshipping and \_\_\_\_\_, the Holy Spirit said, "Set apart for me Barnabas and Saul..."

**2. True or False?** *(circle one)*

- A) Fasting earns salvation and makes God love you more. **T / F**
- B) Matthew 6 warns against fasting to be seen by people. **T / F**
- C) Isaiah 58 connects real fasting to justice and helping others. **T / F**

**3. Short answer:** *(use the lesson)*

What does "empty your hands, fill your heart" mean for biblical fasting?

**4. Look it up:** *(Isaiah 58:6)*

What kind of chains does God say true fasting should help loosen?

**5. Real life:** *(use the lesson)*

A friend fasts to impress youth group but never prays. What would you say from Matthew 6:16-18?

**6. This week:** *(one specific action — parent OK if needed)*

Name one safe fast or prayer habit you could try (with parent OK if needed) and what you will pray about.