

Circle the picture that is facing the wrong way. Then color in all the pictures.



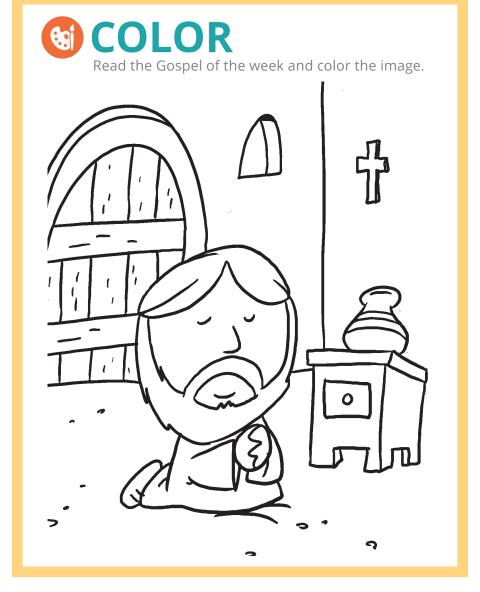






I will give up food and drink for three hours for you, Jesus Christ.









GOSPEL

Fasting is going without food for a long time. Go without food for three hours. When your body says,

"I am hungry; feed me," do not eat. Go three more hours, then eat. Do not wear a sad face or frown because you are very hungry. Do not brag to others about fasting for God. Instead, pray for the people who do not have food. God will nourish you with his healing love and forgiveness.



Lord, help me not to brag about my good deeds.



Draw yourself going without food for a long time to honor Jesus.