




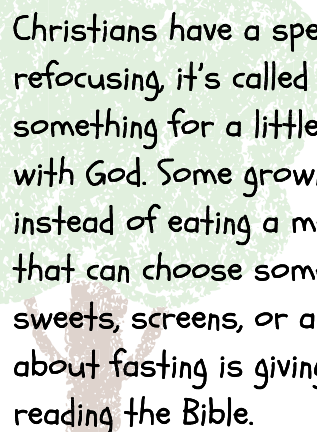
## INTRODUCTION

Do you ever get SO busy playing that you forget to eat until you feel super hungry and grumpy? Maybe someone gets on to you a little more when this happens. It's easy to get distracted, and we don't always choose what's best for our bodies like choosing candy over fruit and vegetables!

The same thing can happen with our hearts. When something difficult happens and we are sad, we feel like we REALLY need God. And when things are easy and we are happy, we sometimes forget to spend time with God. As a family, let's take ten special days to slow down, pray, and make room for God so we can help our hearts to remember how good He is ALL the time!



During these ten days, we'll read from Isaiah 55 in the Bible and hear stories that teach us to stay "hungry" for the things that last forever—like God's love—more than the things that don't last, like candy.



Christians have a special way of slowing down or refocusing, it's called fasting. Fasting means giving up something for a little while so we can spend extra time with God. Some grown-ups might skip lunch and pray instead of eating a meal. But kids or people who can't do that can choose something else—like taking a break from sweets, screens, or a favorite activity. The important thing about fasting is giving God special time by praying and reading the Bible.