



WIRED-UP FOR

YOUTH

## Prayer and Fasting? Youth? Oh, Yeah!

Many times we do not think that Prayer and Fasting is something in which young people wish to participate. I want to challenge that notion.

In my experience, I have learned that young people can pray and fast as well as any other Christian; all they need is the right motivation. When young people truly learn and understand the suffering people experience daily, something stirs in their hearts and they want to do something about it. The church can take advantage of their passion and energy.

NMI emphasizes Prayer and Fasting, especially prayer for the 10/40 Window and the Persecuted Church. Visit the NMI Web site, and read information about these world areas for which we intercede. You will find other prayer resources on the site as well; however, rely on the creativity of youth leaders, others in the church, and even the youth themselves.

Work with the youth leaders to develop a presentation for the youth that details about what people in these areas of the world experience due to their faith. Discuss the differences the youth of your church experience compared to people in the 10/40 Window or in other areas where people suffer for their belief in Christ.

After the presentation, explain that one way the youth can help is through Prayer and Fasting. Teach the teens the purpose of fasting and what the Bible teaches us about it. Let them know that Christians are called to love each other and to pray for each other intentionally and without ceasing. You can plan a special weekend of fasting and prayer (a model is the "30 Hour Famine" project from NCM and World Vision).

Make sure that the young people in your church not only learn about what is happening with and to Christians around the world, but also that prayer and fasting should be an important part of their lives.

For more ideas or to share what your church does to promote Prayer and Fasting for youth, contact the General NMI Office.

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