

Do what God asks. Then, said
Isaiah, "Your light will rise in the darkness.
Your night will become like the noonday."

Connect the dots. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15



Ages 3+

February 8, 2026 • Isaiah 58:1-12

True Fasting

"Fasting" is going without food
for a time. The people fasted to please God. But
God didn't like that they were mean to others.

Circle and count the hidden objects.



3 or 4 ?



4 or 5 ?



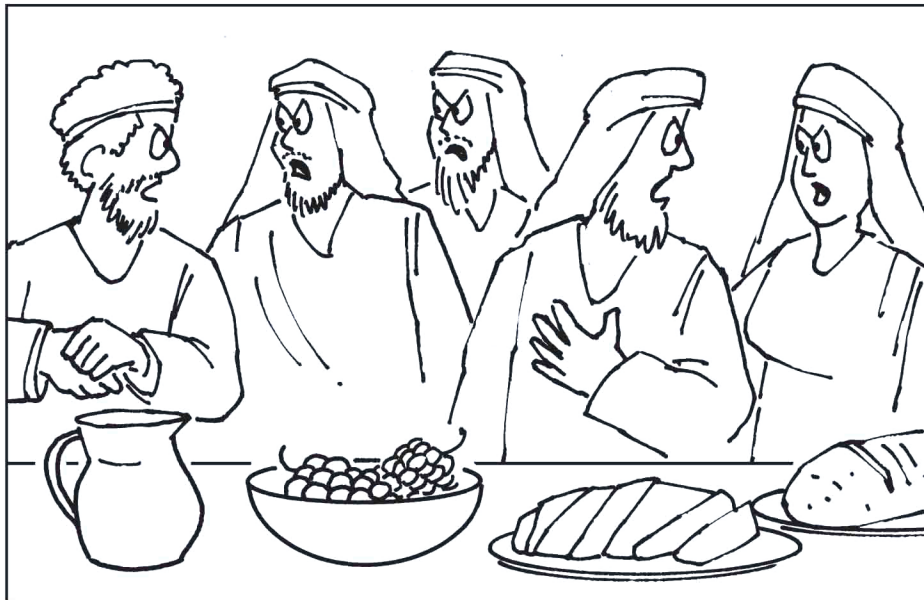
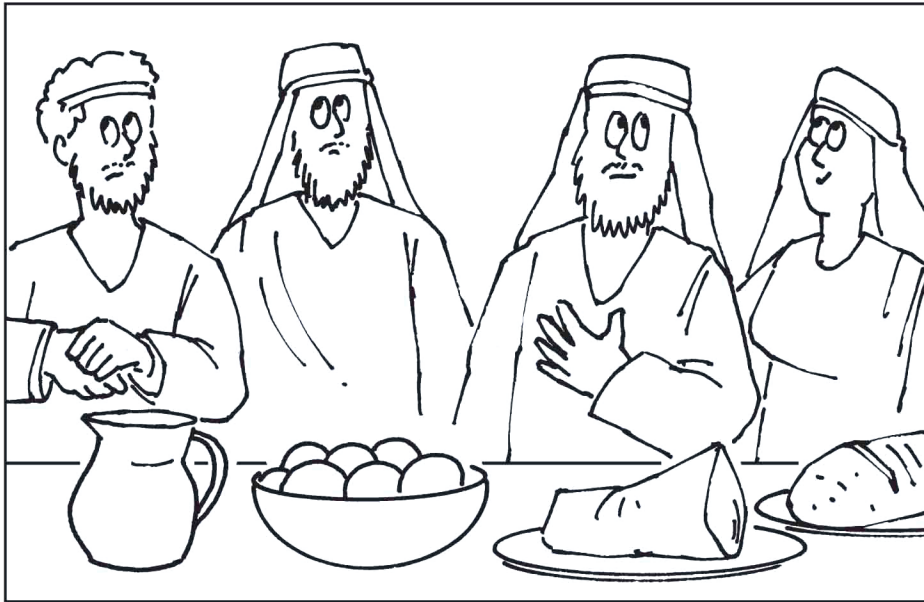
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201 N Potomac Street
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Their fasting did not have good results.

Circle 8 differences in the second picture.



True fasting is sharing your food with the hungry. It is also helping the poor.

Match the pictures.

