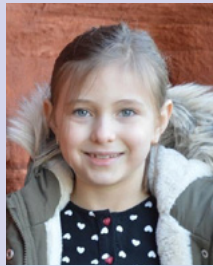


My First FAST

By Emma G., age 7,
Rhineland-Palatinate, Germany



The week after Christmas, my mom and dad talked to me about fasting for the first time. My dad explained that we fast to ask Heavenly Father for extra help or to tell Him

that we are extra grateful. I decided to fast for my baby brother to feel better because he was teething and didn't feel very good.

The night before fast Sunday, my dad helped me start my fast. At first I was nervous, but he helped me know what to say when I prayed. My dad said to pay attention to how I felt throughout my fast. I felt really good before I went to bed.

The next morning, I started getting hungry. But I had promised not to eat, so I kept my promise the best I could. I tried really hard not to complain. And I did activities to help me learn about Jesus so I wouldn't just think about food. My dad fasted with me, and that helped a lot.

Later, I was really hungry and needed to end my fast earlier than I planned. I felt sad, but my parents said Heavenly Father just wants us to try. I know He loves us and is happy when I try. ●

