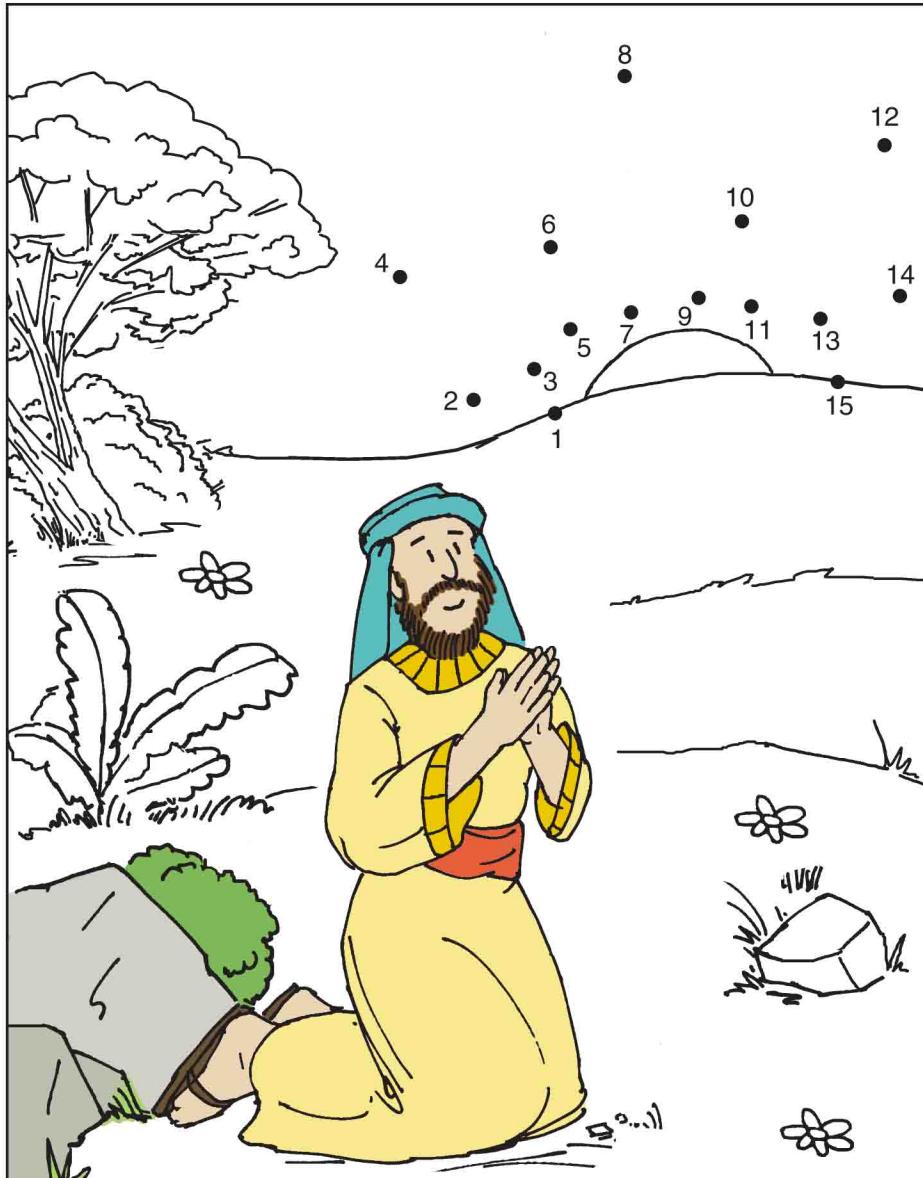


Do what God asks. Then, said Isaiah, "Your light will rise in the darkness. Your night will become like the noonday."

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 ?



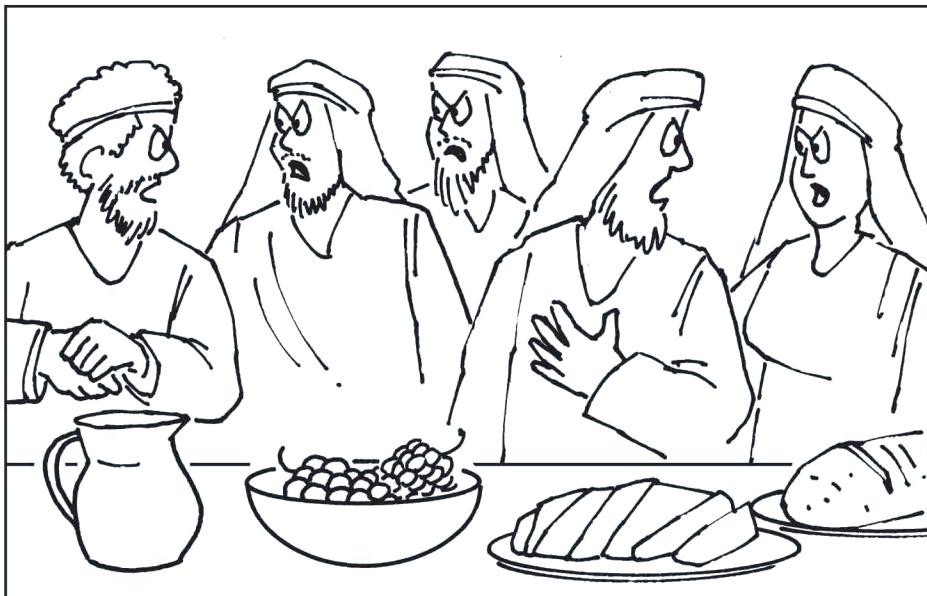
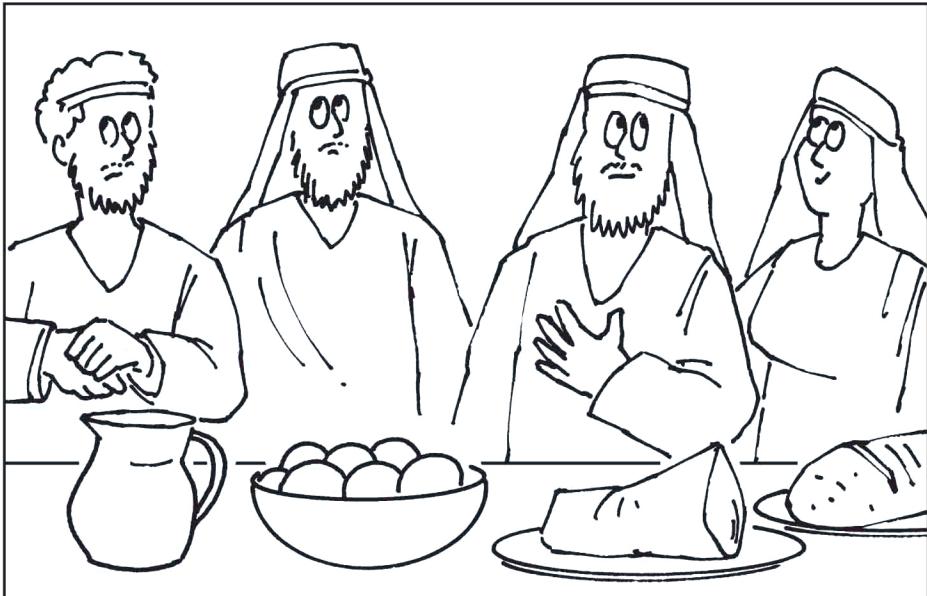
4 or 5 ?



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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.

