

The Fasting Cup

The fasting cup is a meaningful and easy activity for Lent. It helps families practice fasting together in a way that fits their daily lives. The cup is filled with slips of paper, each listing an item to fast from. Every morning, each family member picks a slip and commits to fasting from that item for the day.

This activity connects to the Catholic tradition of fasting. It reminds us of Jesus' 40 days in the desert and teaches us to rely on God. The fasting cup also makes fasting personal, while still involving the whole family in the Lenten journey.

Setting up a fasting cup is simple. Choose a cup or jar and fill it with ideas like desserts, social media, TV, or unkind words. Place the cup on a family prayer table or another special spot. Each day, reflect on the fast and thank God for His grace. The fasting cup turns everyday sacrifices into acts of love for God.

Reflection: Why Fasting Matters During Lent

Have you ever thought about why Catholics fast during Lent? It's not just about giving up chocolate or soda because we have to. Fasting is about getting closer to God by giving something up that's important to us. When you say no to yourself, you make space for God in your life.

Think about Jesus. He spent 40 days in the desert fasting and praying. He was tempted, but He stayed strong because He trusted God. When you fast, even in a small way, you're following His example. It's a way to remind yourself that you need God more than anything else.

Using a fasting cup is a simple way to fast. You pick something to give up for the day, like sweets or social media. It might not seem like a big deal at first, but it's harder than you think! Every time you want to eat that candy or check your phone, you can stop and pray instead.

Fasting also helps you see the things that control you. Maybe it's a habit like complaining or always needing to be on your phone. Fasting gives you a chance to break those habits and focus on what really matters—your relationship with God.

When you fast, you're not just doing it for yourself. You're offering that sacrifice to God. It's a way of showing love for Him. And when it gets hard, you can ask Him for help. That's what fasting is all about: trusting God and putting Him first.

This Lent, try using a fasting cup. Make it part of your day. See it as a way to grow in faith, not just a rule to follow. You might be surprised at how much you learn about yourself and your faith by doing this small act of sacrifice.

Prayer

Lord, help me to fast with a willing heart. Teach me to let go of the things I don't need so I can focus more on You. Give me the strength to keep going when it's hard. May my sacrifices be pleasing to You and bring me closer to You. Amen.

Reflection Questions

- What is one thing you can fast from that will help you focus on God?
- How can fasting help you see what controls your thoughts and actions?
- Why do you think Jesus fasted for 40 days in the desert?
- How can you use fasting as a way to grow in your faith?

See <https://young-catholics.com/951/fastig-cup/> for more details