

# Family Fast

*“He that followeth me shall not walk in darkness, but shall have the light of life” (John 8:12).*

A few years ago our family decided to hold a special fast for the victims of a faraway natural disaster. I proposed that after our fast, we give the coins in our savings jars to the Church’s humanitarian fund. We have two jars that we put coins in. One is a courtesy jar, and each time someone helps or does a kind deed, I put a coin in the jar. At the end of the year we normally use the money in this jar for a fun family activity. The other jar is a rudeness jar, and each time someone is grouchy or quarrels, he or she puts a coin in the rudeness jar. The money in this jar is donated to children in need.

When we began our fast, we also began to count our coins. Leonardo, age 9, then went and got his own bank. He took all of his money and some of his toys and said that he wanted to donate them too. Mariana, age 12, also got her money to add to the donation.

Although the children had only a few dollars to give, it was all that they had.

Fasting is a sacrifice for Leonardo and Mariana, and so was giving up the jar money. But when they donated their own savings, I knew that they truly cared about Heavenly Father’s children suffering on the other side of the world. ●

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