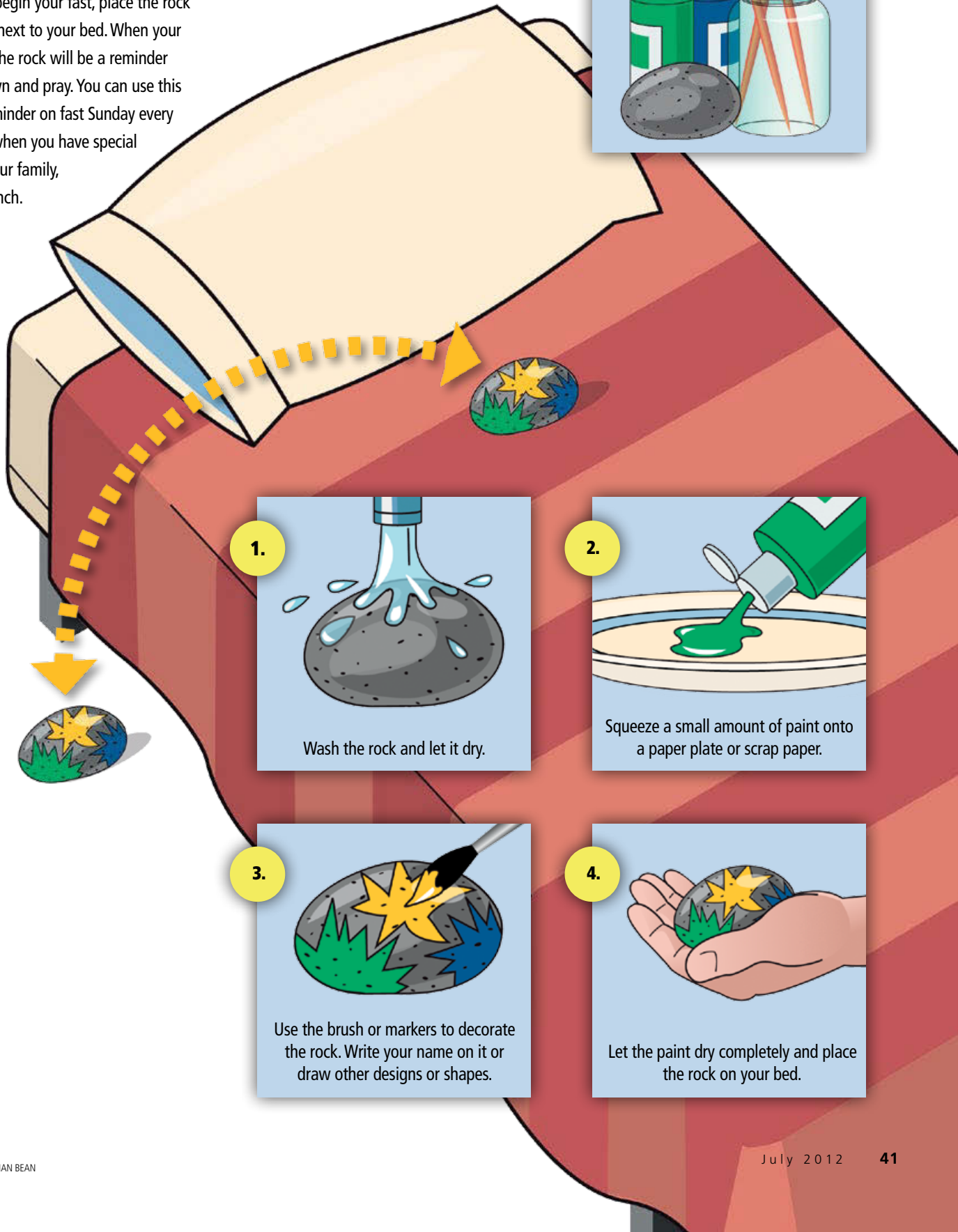
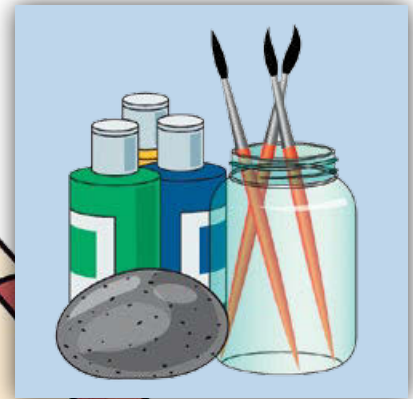


Just You

Place a colorful rock on your bed as a reminder to pray and share with Heavenly Father what you are fasting about. After you pray to begin your fast, place the rock on the floor next to your bed. When your fast is over, the rock will be a reminder to kneel down and pray. You can use this rock as a reminder on fast Sunday every month and when you have special fasts with your family, ward, or branch.

You will need:

one smooth rock or pebble
acrylic paint or colored markers
paintbrush



1.



Wash the rock and let it dry.

2.



Squeeze a small amount of paint onto a paper plate or scrap paper.

3.



Use the brush or markers to decorate the rock. Write your name on it or draw other designs or shapes.

4.



Let the paint dry completely and place the rock on your bed.