

Fast Food Fast

By Lee Yates

Eating fast food fast is a way of life for many Americans. What might happen if you choose not to eat anything “ready made” or from a fast food restaurant for three days? You are about to find out!

For

Young Adult

Season

Fall

Needed

A place to cook, prepare, and eat food



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Prepare in Advance

Think of simple meals you can cook for yourself and purchase necessary ingredients.

Activity Plan

1. Decide whether this experience will be a solo project or shared with others. It may be easier to do this activity if everyone in your household participates.

2. Open in prayer:

Lord, I know that through the centuries, people have changed their patterns of living in order to focus more clearly on your presence in their lives. May such an experience bring me closer to you. Amen.

3. Think back over the past week. Which of your meals were “ready made” (anything you can heat in the microwave in three minutes or less) and which meals were from a fast food restaurant?
4. Look at your schedule for this week and choose three days in a row when you will not eat any food that is “ready made” or “fast food.” This will require you to prepare your meals on these days, and you may need a little more time to eat and clean up. If, during the three days, you cannot find time for a meal that follows these rules, you must skip that meal, unless of course, you have a medical condition that would make this dangerous.
5. Each day, spend some time thinking about your experience of food (shopping, preparing, eating, cleaning up) and how that affected your day. You may want to talk about your experience with others and discuss any issues that arise. If you have time, check online to see what other people have said about “fasting” and how your experience is similar or different from theirs.

6. End each day in prayer.

Lord, you have blessed me and made me your own. Thanks for the ways you care for me each day. When I eat, help me to claim my food as a blessing from you. When I eat a meal with others, help me to claim the time spent with them as a blessing, too. Amen.

7. After the three days, spend some time thinking about how a lifestyle of not eating ready made or fast food might change you. Is this something you could do three days each week or every day? Why or why not?