

# Fast-Fooding

By Lee Yates



Fasting is an ancient spiritual practice. A person who is fasting chooses not to eat for a set period of time. Unfortunately many people go hungry, not by choice, but because of poverty. Maybe one person's fast can provide another's meal.

## For

Young Adult

## Season

Spring

## Needed

Enough cash (or gift card) for a fast-food meal, Bible, computer, Internet access

## Activity Plan

1. From your Bible, read some of the following Scriptures:
  - Deuteronomy 9:9-10
  - 2 Chronicles 20:2-4
  - Jonah 3:1-5
  - Luke 2:36-38
  - Luke 4:1-2
  - Acts 9:1-19 (*Don't skip this one!*)
2. Spend some time thinking about why people fast. What reasons you can think of?
3. Look online to see what different traditions say about fasting.
4. Choose one day that you will spend fasting. You can decide the limits for your fast; for example will your fast last from sunup to sundown? Will you drink juices as well as water during your fast? Will your health allow you to go without food for a day? (If not, perhaps you can "fast" from technology or driving.)
5. On your fast day, go to a fast-food restaurant and give the money you would have spent for a meal there to someone who looks like they might be short on money. You can give cash or a gift card. **VARIATIONS:** Donate the money to a feeding ministry or food pantry. If you are in a community where there is a visible homeless population, give a fast food gift card to someone near the restaurant so they can go in and eat.
6. Spend at least a few minutes of the time you are fasting in prayer for those who have no food to eat that day.
7. At the end of your fast, spend some time thinking about or writing in a journal about the experience.

## Variation

Do this activity with a group of friends and help even more people in need.

