

# Is There a Fast Fast?

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Fasting is an ancient practice of “giving up.” Fasting enables us to mark time by living in a different way, most often giving up food for a set period of time. Fasting can help us to focus on God and to better appreciate things we take for granted.

## For

Teen Family

## Season

Fall

## Prepare in Advance

Make a copy of the Forms of Fasting worksheet for each person (see last page).

## Activity Plan

1. Open in prayer:

*God, in a world that seems focused on acquisition, help us set something aside to make more room for you in our lives. Amen.*

2. Together, read about each of the options on the Forms of Fasting worksheet and discuss how each might affect you, individually and as a family. If any family members have participated in a fast, ask them to tell about the experience.
3. Choose an option from the list to try. Be sure to take into account any medical conditions that would make an option dangerous for someone.
4. After your time of fasting, gather again and discuss the experience. Take time to affirm each person's efforts and talk about what made it most challenging. Identify any positive results of the fast.
5. Close your time by asking someone to pray aloud:

*Lord, thank you for what we have. Help us to appreciate the blessings you give us, but never to become so attached to them that we fail to make room for you in our lives. Amen.*

# Forms of Fasting

## 1. Day Fast

Choose one day and abstain from swallowing anything other than water from sunrise to sunset. After sunset, gather for a simple meal and conversation. Jot down notes about what tempted you during this period and any new insights that came to you because of your fast.

## 2. Activity Fast

Choose one activity that is common to everyone in the family, such as watching TV or texting. Do not participate in this activity for one day or one week. Jot down notes about your frustrations, temptations, and fresh insights during this period.

## 3. Social Fast

For one day or one week, eliminate all social events that take place outside school or work. Do not plan any family events that include guests. While at school or work, spend mealtime in as quiet a place as possible. Jot down notes about your frustrations, temptations, and fresh insights during this period.

## 4. Substance Fast

Choose a food “vice” or treat that all family members enjoy, such as sweets, chocolate, caffeine, or chips. Abstain from it for one day or one week. Jot down notes about your frustrations, temptations, and fresh insights during this period.

