

Lesson 20

Fasting

What is Fasting?

Fasting is when we choose not to eat or drink for a period of time. It's something people have done for a long time to get closer to God. Jesus fasted too, which means it's important. It's like taking a break from food and drink to think about God and His teachings.

Why Do We Fast?

When we fast, we pray and think about important things. We fast to ask for help, to understand God's will, and to show love and kindness to others. Fasting helps us feel closer to God and learn important lessons.

How to Fast Properly

When we fast, we should also pray. It's important to start and end our fast with a prayer. We should fast with a purpose, like asking for help or thanking God for blessings. Fasting isn't about showing off to others; it's about talking to God.

Fast Offerings

When we fast, we can also give money to help people who need it. This money is called fast offerings. It's a way to share what we have with others. When we give, we become helpers with God in taking care of people who are less fortunate.

Blessings of Fasting

When we fast the right way, we get blessings from God. We can feel peace, become healthier, and get guidance from God. Fasting helps us become stronger and closer to God.

Fasting Teaches Self-Control

Fasting helps us learn to control our desires and make good choices. It makes us stronger inside. When we learn to fast, we learn to control ourselves in other areas too.

Fasting Gives Us Spiritual Power

When we fast and pray, our faith grows stronger. We can receive spiritual power, like understanding God's messages and feeling His love. Fasting helps us become better people and do good things.

Scripture References

- Matthew 6:16-18 (Fasting with the right attitude)
- Luke 4:1-4 (Jesus fasting in the wilderness)
- Isaiah 58:8-9 (Blessings of fasting)
- Matthew 6:18 (God rewards those who fast sincerely)

Title: "A Day of Empathy"

In a bustling town nestled among rolling hills, there lived a boy named Ethan. One day, as he sat down to enjoy his lunch, he heard his parents talking about fasting—a concept he had never quite understood.

"What is fasting?" Ethan asked, his curiosity piqued.

His parents explained that fasting was a special way to draw closer to God by abstaining from food and drink for a period of time. Intrigued by this idea, Ethan decided to give it a try.

The following morning, Ethan woke up with a sense of determination. He made a promise to himself and to God that he would fast for the entire day. With a prayer in his heart, he embarked on his fasting journey.

As the day progressed, Ethan found himself feeling hungry and thirsty. But whenever he felt tempted to break his fast, he remembered the purpose behind it—to draw closer to God and to think about important things.

Throughout the day, Ethan spent his time in prayer and reflection. He thought about the blessings in his life and the struggles of those less fortunate. He prayed for guidance and strength, knowing that God was listening to his heartfelt pleas.

When the sun began to set, signaling the end of his fast, Ethan felt a sense of accomplishment wash over him. He had successfully completed his fast and felt closer to God than ever before.

But Ethan's journey didn't end there. Inspired by the teachings of Jesus, he decided to donate the money he would have spent on food to help those in need. With a grateful heart, he contributed to the well-being of others, knowing that his small act of kindness would make a big difference in someone's life.

As Ethan reflected on his experience, he realized that fasting wasn't just about abstaining from food and drink—it was about cultivating empathy, self-control, and spiritual power. Through fasting, Ethan had discovered a deeper connection to God and a greater capacity to love and serve others. And for that, he was truly grateful.