



Fasting: Hungry or Full?

20120311 lesson 10

Rather than being spiritually uplifted through fasting, many people merely experience hunger. Help class members see that we can become spiritually "full" by preparing, praying, and fasting with a purpose. When we abstain from food and take spiritual nourishment during the fast, the Lord blesses us with his Spirit.

Note to the Teacher

Fasting is more than not eating...

- How do we react when we are "reminded" that today is Fast Sunday?
- What are your first thoughts?
- Are you happy that it is Fast Sunday?



When do we fast?

- One Sunday each month is dedicated for fasting.
- Anytime we need extra inspiration and additional guidance from the Lord

Why do we fast?

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|-----------------|---|
| D&C 88:76 | To obey God's commandments |
| Luke 2:37 | To serve God |
| Alma 45:1 | To worship God and show gratitude to Him |
| Mosiah 27:22–23 | To receive special blessings, such as healing |
| Alma 5:46 | To gain a testimony. |
| Alma 17:3 | To gain the spirit of prophecy and revelation and the ability to teach. |
| Alma 6:6 | For the conversion of people who are not yet members of the Church. |
| Isaiah 58:6–7 | To feed the hungry and clothe the naked. |
| Joel 2:12 | To draw closer to God.. |

Preparation: D&C 59:13-14



- What do these verses compare fasting to? Do you ever feel joyful when you are fasting?
- What can we do to make fasting joyful?
- two ways to make fasting joyful:
 - preparation
 - prayer

Preparation and Prayer

Chalkboard Discussion



Help class members form a positive attitude toward fasting and prayer. Fasting and prayer can become two of the most valuable spiritual tools they will ever acquire.

Your testimony and your positive attitude will be two of the most important gifts you give class members this year.

