

## **FASTING – A POWERFUL TOOL**

## **PURPOSE**

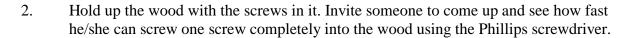
To illustrate that fasting can bring greater heavenly power into our lives

## **MATERIALS**

- A Phillips screwdriver
- An electric drill with a Phillips bit
- A piece of wood thick enough to hold two screws
- Two screws
- Story, **Believing Is Seeing**

## LESSON IDEAS

- 1. Prior to the lesson:
  - a. Hide the power drill somewhere in the room
  - b. Screw both screws partially into the wood



- 3. Start timing the person as soon as he/she begins. Point out the difficulty and how long it takes. (The person probably will not be able to turn the screw entirely into the wood.)
- 4. Pull out the power drill. Screw the second screw into the wood. (This only takes a few seconds.)
  - a. Ask, "What was the difference?" (The power drill)
- 5. Hold up the drill and explain that this is called a "power tool" because it adds greater power to what can be accomplished with a "hand tool". Explain that Heavenly Father has us a special tool when we need greater divine power in our lives. Invite the group to listen to the following story to determine what the special tool is.
  - a. Story, Believing Is Seeing
  - b. Ask, "What is the special tool?"
- 6. Testify that fasting can bring added heavenly power into our lives.

