

FASTING – A POWERFUL TOOL (Ages ~7 and older)

PURPOSE

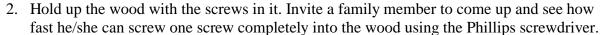
To help family members better understand the heavenly power fasting can bring into our lives

MATERIALS

- Scriptures
- A Phillips screwdriver
- An electric drill with a Phillips bit
- A piece of wood thick enough to hold two screws
- Two screws

LESSON IDEAS

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



- a. 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.)
- 3. 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)
- 4. Hold up the drill and explain that this is called a "power tool" because it adds greater power than 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 family members to listen to the following story to determine what the special tool is.
 - a. Story, Believing Is Seeing
- 5. Help your family understand that when combined with our faith fasting can bring help and blessings.
 - a. Video, Fasting: Philippines Widow
 - b. Scroll down this page to read <u>Information About Fasting</u>
- 6. Testify that fasting can bring added heavenly power into our lives and the lives of others.
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•	VITY IDEA Since the lesson has to do with Handy Manny website.	tools, younger children	may enjoy this game on	the