



Funtastic Family Home Evenings
Easy to Prepare! Fun to Share!

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
2. Hold up the wood with the screws in it. Invite a family member to come up and see how fast he/she can screw one screw completely into the wood using the Phillips screwdriver.
 - 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 [Information About Fasting](#)
6. Testify that fasting can bring added heavenly power into our lives and the lives of others.

ACTIVITY IDEA

- Since the lesson has to do with tools, younger children may enjoy this game on the [Handy Manny website](#).