

## Lesson #12

### On Fasting

#### Lesson Plan

**Grade Level:** 1st-2nd Grade

**Duration:** 30-40 minutes

#### Objective:

By the end of this lesson, students will:

- Understand **what fasting is** and **why we fast**.
- Learn about **different fasting seasons** in the Church.
- Discover ways they can **practice fasting** at their level.

#### 1. Opening Prayer (5 minutes)

Begin with the **Sign of the Cross** and this short prayer:

*"Lord, help us to grow closer to You through fasting, prayer, and love. Teach us to trust You and follow Your ways. Amen."*

#### 2. Introduction: What Is Fasting? (5 minutes)

##### Ask:

- *Have you ever had to wait to eat something you really wanted?*
- *Have you ever given up something to help someone else?*

**Explain:** Fasting is when we **give up certain foods and things** to focus on **God** instead. It helps us learn **self-control** and reminds us to **pray more and love others**.

#### 3. Why Do We Fast? (10 minutes)

**Discuss these important reasons:**

- ✓ **To grow closer to God** – When we fast, we focus more on prayer.
- ✓ **To practice self-control** – Fasting teaches us to say "no" to ourselves so we can say "yes" to God.
- ✓ **To prepare for special holy days** – Fasting helps us get ready for feasts like **Christmas** and **Pascha**.
- ✓ **To follow Jesus' example** – Jesus **fasted in the desert for 40 days** before He began teaching.

**Ask:**

- *How do you think fasting helps us love God more?*
- *What other things can we fast from besides food? (TV, toys, bad habits, complaining, etc.)*

#### **4. When Do We Fast? (5 minutes)**

Explain the **four major fasting seasons**:

- **Great Lent** – Before **Pascha (Easter)** (the longest and most important fast).
- **Nativity Fast** – Before **Christmas** (preparing our hearts for Jesus' birth).
- **Apostles' Fast** – Before the feast of **Saints Peter and Paul**.
- **Dormition Fast** – Before the feast of the **Dormition of the Theotokos**.

We also **fast every Wednesday and Friday** to remember Jesus' betrayal and crucifixion.

**Ask:** *Have you ever fasted before? What was it like?*

#### **5. How Do We Fast? (5 minutes)**

**At their level, children can fast by:**

- ✓ Eating **simpler foods** (no meat or dairy on fasting days).
- ✓ Eating **less** and avoiding **snacking too much**.
- ✓ Saying **extra prayers** and reading the **Bible**.
- ✓ Being **kind and loving** to others.
- ✓ **Fasting from bad habits** (whining, arguing, being ungrateful).

**Ask:** *What is one thing you could fast from to grow closer to God?*

#### **6. Activity: "Fasting Basket" Sorting Game (10 minutes)**

- Give students **pictures of different foods** (meat, dairy, fruits, vegetables, bread, fish).
- Have them **sort** them into two baskets:
  - 🥕 **Fasting foods** (fruits, veggies, bread, nuts, beans).
  - 🥚 **non-fasting foods** (meat, milk, cheese, eggs).

**Discuss:** *How do fasting foods help us be healthy and strong?*

#### **7. Closing Prayer (5 minutes)**

*"Dear God, thank You for teaching us how to fast. Help us to love You more and to remember that fasting is not just about food, but about growing closer to You. Amen."*

**Optional Follow-Up at Home:**

- **Make a fasting meal** with your family.
- **Pray together** during a fasting season.
- **Discuss fasting** at dinner and its importance.

# STUDENT'S WORKBOOK PAGE

## ON FASTING

**Activity 1:** Cut the images and place them in their designated squares

**Activity 2:** I Spy

**Activity 3:** More or Less

**Activity 4:** Create Your Own Lenten Dish

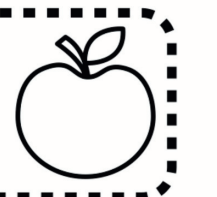
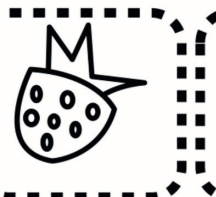
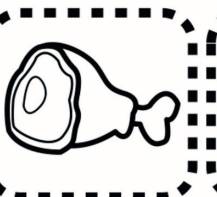
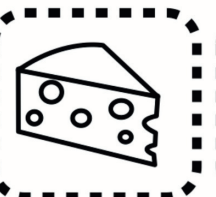
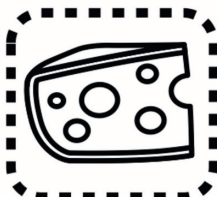
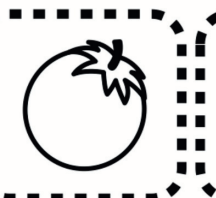
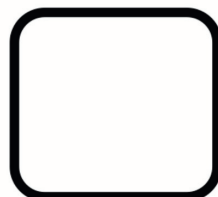
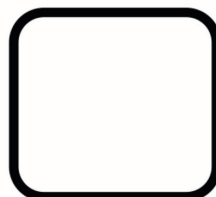
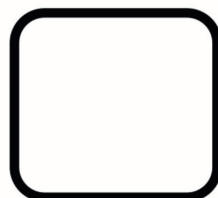
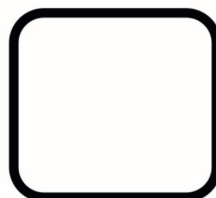
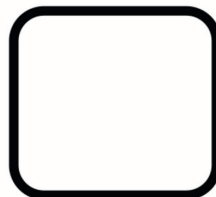
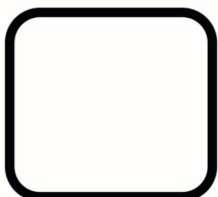
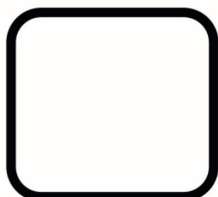
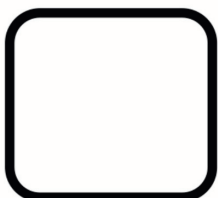
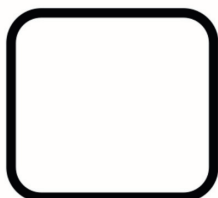
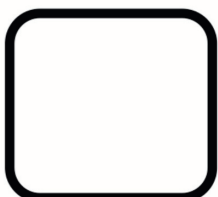
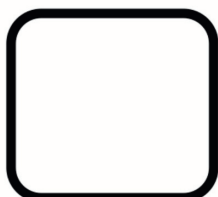
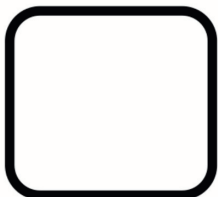
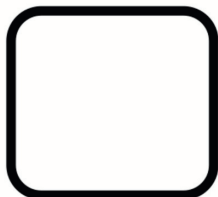
The activity pages are included below.

# FASTING

Cut the images and position them  
in their designated squares.

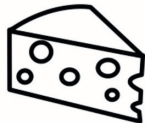
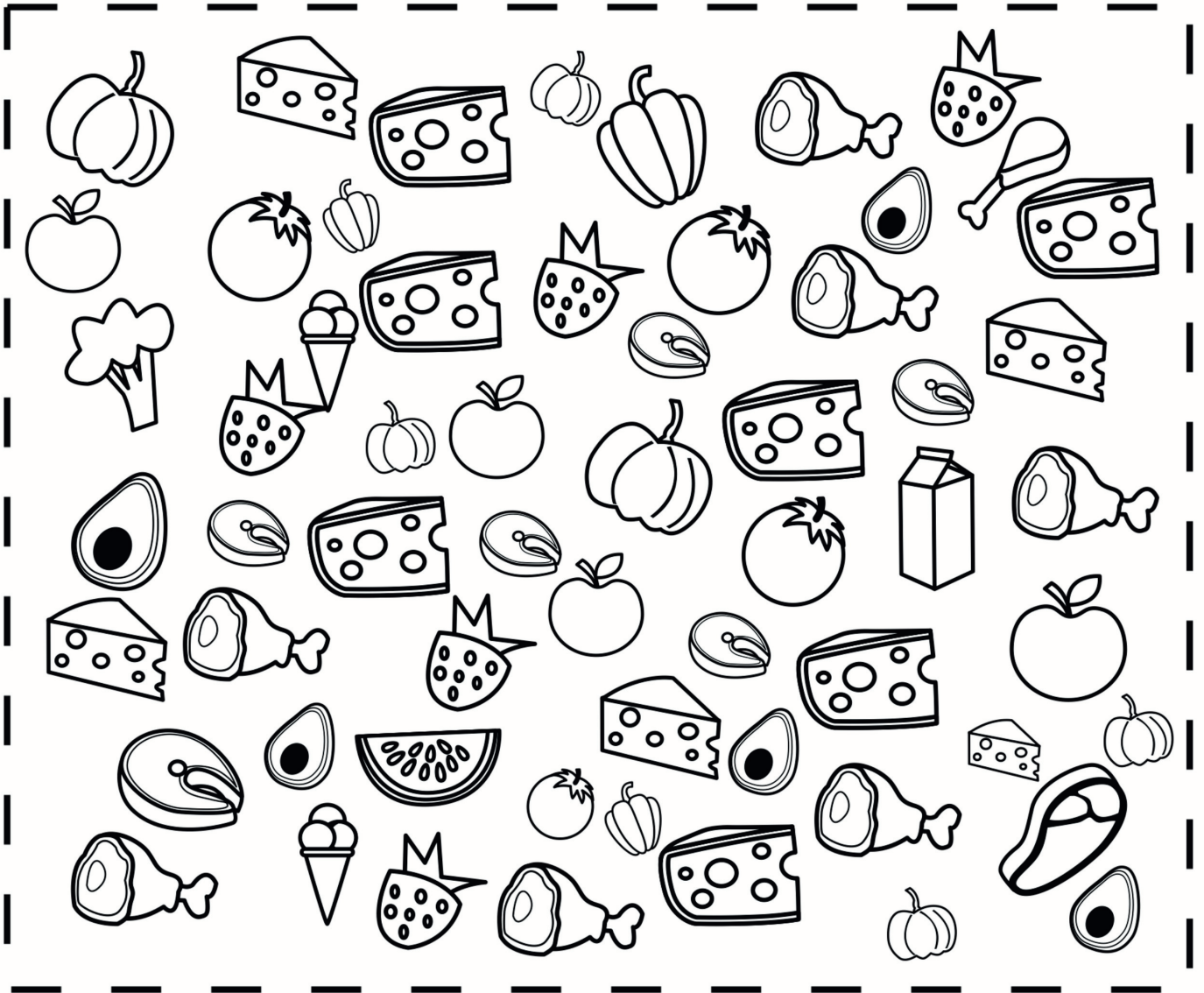
## YES

## NO





# HOW MANY CAN YOU FIND?



Circle in green the activities we should increase during fasting, and in red those we should reduce.



**Confession**



**Spend a lot of time playing video games**



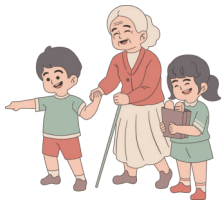
**Make a donation for needy people**



**Pray**



**Help others**



**Help elderly**



**Judge others**



**Spend a lot of time on the phone**



**Argue**



**Fight with siblings**



**Help parents with house chores**



**Pray for the sick and suffering**



**Read the Bible**



**Attend church services**



**Being lazy**



**Holy Communion**



**Craft Your Own Lenten Recipe  
or Illustrate Your Favorite Lenten Dish**

