
BE THE BEE

SESSION #9

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #9

Fasting (and Feasting) with Thanks

Goal:

Learn that fasting can help transform us into thankful people.

Objective:

Identify one way to fast with thanks in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee # 9 **Fasting (and Feasting) with** **Thanks**

OPENING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to “be the bee” and “have a positive way of thinking, seeing only the good side of things.” Show us “where to find flowers, sweets, honey and sugar, and to only know the good things in life and become ignorant to all evil.” Grant us faith, courage and love, through the prayers of Saint Paisios and of all the Saints. Amen.

ICEBREAKER

6 minutes

Name your favorite lenten meal and how you learned to cook it.

VIDEO

5 minutes

Be the Bee #9 | Fasting (and Feasting) with Thanks

https://youtu.be/uV8Rg_S7HC4

DEBRIEF

10 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What did you see and hear in the video?
- ❖ What is one lesson you can take away from the video?

TEACHING

7 minutes

Ask students the following questions and help facilitate a discussion:

- ❖ What is fasting?
 - ❖ Fasting is supposed to separate us from our attachments so we can attach to God.
- ❖ Do you tend to be thankful for the food you eat everyday?
- ❖ Do you see fasting as a tool or an end?
 - ❖ Fasting is a tool in our spiritual lives to help us become closer with God.

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Is fasting something you want to do or something you are made to do?

READING AND APPLICATION

7 minutes

Read the following story to students:

A Church and the Theotokos

<http://www.johnsanidopoulos.com/2015/02/a-church-where-theotokos-confirms.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ Has your outlook on fasting changed?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

“Man does not live on bread alone but on every word that comes from the mouth of the Lord. When you have eaten and are satisfied, praise the Lord your God for the good land he has given you.”

Deuteronomy 8:3 and 10

“Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.” - 2 Corinthians 4:16

Ask students the following questions and help facilitate a discussion:

- ❖ How should we aim our lives?
- ❖ How does this renewal happen?

Teaching: (reflect on this rather than read it directly to participants)

Fasting is not a commandment. We do not fast or sacrifice food because Christ sacrificed His life for us on the Cross. Instead, fasting is a tool and an opportunity. Fasting allows us to deepen our relationship with God. It allows us to purify ourselves, and grow closer to God. We each must want to fast. If we are forced to fast, or if we are fasting for the wrong reasons, we will not get much out of this tool; fasting becomes just a diet. When we freely choose to fast, we must also allow for prayer and almsgiving. We should strive to be joyful through the period of fasting and try to love our neighbor. Doing this, we are deepening our relationship with Christ. Instead of hungering for food, we should hunger to deepen the relationship. The point of fasting is to be hungry. The real question is, what are we hungry for? This hunger is a constant reminder to reach out to God,

and grow closer to Him. The love that we receive from God is extraordinary. If we choose to follow Him, we can be apart of that love. It must be our choice.

CONCLUSION

5 minutes

Go around the room and ask each student to answer the following question:

- ❖ What is one way to fast with thanksgiving in your daily life through what you learned in the session?

CLOSING PRAYER

In the name of the Father, the Son, and the Holy Spirit. Lord, help us to keep to our fasting rules. Although we may struggle, give us strength to stay on course. Let us always remember that, "we do not live on bread alone, but on every word that comes from Your mouth". Allow us to be renewed by this fast and to grow closer to you. Amen.