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# BE THE BEE

# SESSION #25

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Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



# BE THE BEE #25

## Fasting from more than Food

### **Goal:**

Learn that fasting is more than food.

### **Objective:**

Identify one way to fast from more than food  
in your daily life.

### **Estimated Duration:**

60 minutes

# LEARNING SESSION

## **Be the Bee #25**

### **Fasting from more than Food**

### 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*

What is the first word that comes to mind when you hear the word fasting?

## VIDEO

*5 minutes*

Be the Bee #25 | Fasting from more than Food

<https://youtu.be/lw5BZZq-RhA>

## 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 did you think fasting was?
- ❖ Was your view changed from the video? How or how not?
- ❖ What good is it to fast from food and condemn someone with your words?

## REFLECTION

*10 minutes*

Ask students the following question and help facilitate a discussion:

- ❖ What makes fasting hard? Is fasting really important?

## READING AND APPLICATION

*7 minutes*

Read the following story to students:

*The first Week of Great Lent*

<http://www.johnsanidopoulos.com/2013/03/discourse-on-first-week-of-great-lent-1.html#more>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ What are some other ways to fast?
- ❖ What are the benefits of fasting?
- ❖ What do we lose and gain by fasting?
- ❖ Where does scripture fit into fasting?

# SCRIPTURE READING AND APPLICATION

*10 minutes*

Read the following verses to students:

"Keep your heart with all vigilance, for from it flow the springs of life. Put away from you crooked speech, and put devious talk far from you." - Proverbs 4:23-24

"Don't you see that whatever enters the mouth goes into the stomach and then out of the body? But the things that come out of a person's mouth come from the heart, and these defile them." - Matthew 15:17-18

Ask students the following questions and help facilitate a discussion:

- ❖ What is the connection between mouth and heart
- ❖ What makes the heart important?
- ❖ What can we learn from these passages about fasting?

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

*Fasting is more than just food and eating, just like the spiritual life is more than just prayer. To fast is to abstain from food, but that only covers the physical side of ourselves. We are much more than bodies. We have brains, hearts, and souls. We are spiritual, emotional and mental. As we ascend the mountain, we must also keep these parts of us climbing. We cannot only physically climb because that will only cause us to be strong. We must also strengthen our spirit. Through fasting we can also learn to pray more, become more kind and gentle towards others, and become more wise. Our goal in fasting is to become a better lover of God and His people. We can only do this if our whole bodies are fasting.*



## CONCLUSION

*5 minutes*

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

- ❖ What is one way to fast from more than food 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.*

*The wealthy have become poor and hungry, but those who seek the Lord shall not lack any good thing.*

*Lord, allow us to always seek You, and to be thankful for the food we have. Allow us to guard our hearts, and watch how we treat our brothers and sisters, in our words, our actions and our thoughts.*

*Amen.*