
BE THE BEE

SESSION #26

Uniting With God and Neighbor

LEARNING TO BE THE BEE AND LIVE ORTHODOXY



BE THE BEE #26

The Discipline of Fasting

Goal:

Learn that the Church is inviting us
to build discipline.

Objective:

Identify one way to fast in your daily life.

Estimated Duration:

60 minutes

LEARNING SESSION

Be the Bee #26 **The Discipline of Fasting**

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

If you had a piece of candy in front of you, and knew if you waiting you would get another, would you wait?

VIDEO

5 minutes

Be the Bee #26 | The Discipline of Fasting

<https://youtu.be/2rt9An2OaDs>

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 discipline?
- ❖ How does fasting help to make us disciplined?
- ❖ What does the Church invite us to do during Lent?
- ❖ How does preparing for a marathon help us in our perspective towards Lent?

REFLECTION

10 minutes

Ask students the following question and help facilitate a discussion:

- ❖ Do you struggle to be disciplined in your daily life?
How does that make life harder?

READING AND APPLICATION

7 minutes

Read the following story to students:

The Lengthy Fasts of the True Saints

<http://www.johnsanidopoulos.com/2010/05/lengthy-fasts-of-saints.html>

Ask students the following questions and help facilitate a discussion:

- ❖ What did you hear in the story? What spoke to you?
- ❖ What does the exercise metaphor say about being disciplined?

SCRIPTURE READING AND APPLICATION

10 minutes

Read the following verses to students:

"Blessed is the man whom thou dost chasten, O LORD, and whom thou dost teach out of thy law" - Psalm 94:12

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.” - 1 Corinthians 9:24-27

Ask students the following questions and help facilitate a discussion:

- ❖ Can correction be a good thing?
- ❖ Does it always feel good to be corrected?
- ❖ If we are to do the hard things first, what would our lives look like?
- ❖ How does this help us make the right choices?

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

Having discipline is not easy. Discipline or self-control needs to be cultivated as it is a fruit of the Spirit. Humility leads to self-control. When we listen to our elders: parents, teachers, or mentors they can help us grow our self control. We may not always make the right choices, and this may lead to corrected. Having someone give us constructive criticism may not be easy to hear, but if done with love it can help us to grow. We should try to do the hard things in life first, and then the easy things won't be an issue or cause stress in our life. If we are able to train hard, we can fight easy. When we do the hard things first, we are beginning to be disciplined, and it becomes easier to make the tough, but right choices.

CONCLUSION

5 minutes

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

- ❖ What is one way to be disciplined 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 be patient through struggles. Help us to know that even the worst things in this life can be transformed by Your Goodness. Help us to remember this, and rely upon You and Your Holy Will to help us make the right choices for our lives.

Amen.