

Keeping Lent

We fast to help us get closer to God. When we fast and pray, our minds are clearer and we can think about talking to God. Fasting and praying lighten and cleanse our souls. God showed us how to sacrifice something for Him when He sacrificed His Son for us. Fasting helps us to overcome our bad habits because when we say “no” to things we like, we learn to say “no” to doing things we shouldn’t. In the end, fasting and praying help us to live holier lives and makes us better people. “...I humbled myself with fasting...” *Psalm 35:13*



What is fasting?

Fasting is when we deprive ourselves of certain foods and say our prayers according to the instructions given by our Priest.

Why do we fast?

We fast so we can renew our spirit and purify our minds and bodies through prayer.

When do we fast?

We fast on Wednesdays, Fridays and other periods throughout the year. Some of the main times we fast are before Pascha (Easter), Christmas, Ss Peter and Paul, and Virgin Mary.

Jesus Fasted

In the Bible we read that Jesus fasted for forty days in the desert. He did this to show us that through prayer and fasting we can overcome any evil.

Fasting in the Bible

We have many examples of fasting in the Bible like Moses, St. John the Baptist, the Apostles, and especially Jesus.

We learn about Fasting in the Bible

We learn about Fasting in the Bible “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” Mat. 6:16-18

Name: _____ Date: _____

Find out the message using the secret code.



Jesus in the desert.

1 = A	10 = J	19 = S
2 = B	11 = K	20 = T
3 = C	12 = L	21 = U
4 = D	13 = M	22 = V
5 = E	14 = N	23 = W
6 = F	15 = O	24 = X
7 = G	16 = P	25 = Y
8 = H	17 = Q	26 = Z
9 = I	18 = R	

6 1 19 20 9 14 7 2 18 9 14 7 19 21 19
 3 12 15 19 5 18 20 15 7 15 4

PRAYER

*We praise You, we bless You,
 We give thanks to You and we pray to You,
 Lord our God.
 - Holy Liturgy -*

Keeping Lent

{Teacher's Edition}

Lesson Objective: To have children understand the importance of Fasting.

Introduction:

We fast to help us get closer to God. When we fast and pray, our minds are clearer and we can think about talking to God. Fasting and praying lighten and cleanse our souls. God showed us how to sacrifice something for Him when He sacrificed His Son for us. Fasting helps us to overcome our bad habits because when we say “no” to things we like, we learn to say “no” to doing things we shouldn’t. In the end, fasting and praying help us to live holier lives and makes us better people. “...I humbled myself with fasting...” Psalm 35:13

Bible Reading:

We learn about Fasting in the Bible

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” Mat. 6:16-18 **Explain that we don’t brag about how and when we fast.**

Facts About Fasting:

1. What is fasting?

Fasting is when we deprive ourselves of certain foods and say our prayers according to the instructions given by our priest.

2. Why do we fast?

We fast so we can renew our spirit and purify our minds and bodies through prayer. **Explain that we can feel happy and closer to God after fasting and praying.**

3. When do we fast?

We fast on Wednesdays, Fridays and other periods throughout the year. Some of the main times we fast are before Pascha (Easter), Christmas, Ss Peter and Paul, and Virgin Mary.

4. Fasting in the Bible

We have many examples of fasting in the Bible like Moses, St. John the Baptist, the Apostles, and especially Jesus

5. Jesus Fasted

In the Bible we read that Jesus fasted for forty days in the desert. He did this to show us that through prayer and fasting we can overcome any evil.



Activity:

Have the children use the secret code given to uncover the message.

Prayer:

We praise You, we bless You,
We give thanks to You and we pray to You,
Lord our God.

The choir sings this every Sunday when the Priest is preparing the Holy Communion.