

ON THE FAST TRACK

Memory Verse

Matthew 6:33

But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

Central Thought

There are times God wants us to give up something we really want or like to do, so that we can focus on God and pray for a specific amount of time.

Bible Story

Esther 3-8

OBJECT LESSON

Materials: radio with power cord, CD

- Bring a radio to the front of the room. Ask the children "Can you hear anything?" [No]. "Why?"
- Plug the radio into an outlet. Ask the children "Can you hear anything?" [No]. "Why?"
- Try to tune in to a radio station – hearing only the static. Ask the children "Can you hear anything?"
[Yes]. "Is it clear?" [No].
- 4. Tune in to a radio station, or play a CD. Ask the children "Can you hear anything?"
[Yes]. "Is it clear?" [Yes].

Fasting and prayer is like a radio! In order to hear from God, we have to be plugged in to Him – that's like plugging in the radio. But sometimes even then, we have trouble hearing from Him. Fasting helps us tune out all the noise around us and hear better from the Lord.

GAME

Materials: 5 cups, 1 coin

- Place the coin under 1 of the 5 cups.
- Move cups around.
- Child guesses which cup the coin is hidden under.

Just like we have to concentrate to remember where the coin is hidden, God wants us to concentrate on Him when we pray.

MINISTRY OF THE WORD

- Fasting
 - A. Fasting is a time when we give up something we want or like to do to focus on God.
 - B. Things that take our time and attention:
 1. Friends
 2. TV
 3. Video Games
 4. Movies
 5. Other?
 - C. These things are not wrong, but they do keep us busy and thinking about other things than God.

- Prayer
 - A. When we fast, God want us to replace whatever we gave up with prayer.
 - B. God wants us to put Him in our heart first, then He can fill our heart with whatever else He wants to tell us.

- Why Fast & Pray?
 - A. A way to hear God more clearly – like with the radio.
 - B. “Supercharge” your prayers.
 - C. Helps us do things that we might think is too hard.
 1. Jesus fasted for 40 days before He met Satan in the wilderness.
(Matthew 4:1-2)
 2. Jesus’ disciples couldn’t get rid of an evil spirit and Jesus told them the only way they could have beat the evil spirit is if they fasted and prayed.
(Mark 9:29)

- IV. Word Connection
 - A. Matthew 6:33
But seek first the kingdom of God and His righteousness, and all these things shall be added to you.
 - B. God always wants us to seek Him first and do things His way.
 - C. Just like with a radio, we may not be able to hear very clearly, so He wants us to fast.

- V. Personal Application
 - A. Lead children to pray for what God wants them to fast.
 - B. Allow children to share what God wants them to fast.
 - C. Encourage children to talk to their parents about what they believe the Lord wants them to do.
 - D. Encourage children to talk to their parents about what they may be fasting.
 - E. Remind children that when they fast, they should be praying.