



## **MIDDLE SCHOOL RESOURCE**

### **Gospel-Centered Life: Session 10**

#### **Fasting**

Key Statement: Fasting 1) is a physical expression of repentance, 2) must be done with the right motives, and 3) must be accompanied by care and concern for others.

#### **::CONNECT::**

##### Activity 1: Brochures for Prayer Week

- Your church is preparing for a Prayer Emphasis Week. As part of that week, they want to invite the congregation to corporate fasting. They've asked your youth group to design a brochure or bulletin-insert for the congregants to take with them to guide them in their fasting.
- Your kids will probably draw their brochures (bring paper and colored pencils), though if you have the technological capabilities, you can have them design it on the web and use pictures from the web (they could collaborate on Google Docs, if you're really tech savvy).
- The church is looking for tri-folded brochures. Each section of the brochure should correspond to one of the points of the lesson: that fasting is for repentance, that fasting needs the right motive, and that fasting should direct us to compassion and solidarity with others.
- The brochure should be simple (it's to be a prayer guide, to remind the congregants of the main points), but each section should have three components: at least one relevant scripture; a short explanation or example of the point being made; and a picture to illustrate the point being made in some way.
- Give students time to make their brochures, then have them share what they made and why. Applaud well-done work; use every opportunity to reinforce the lesson. Especially emphasize that fasting is an opportunity to satisfy our hunger for God rather than worldly things.

#### **::CONVEY::**

If you are pressed for time this week, consider spending the majority of your Convey time by focusing on points one and two of the session.

Remember, this is merely a suggested outline adaptation for a middle school group. If you decide to incorporate one or more option into your group time, you will likely have to be very selective on the material you decide to teach through. Keep in mind that each class is different, and as the leader guide suggests, personalize the lesson content for your

class by determining what elements are most applicable. Don't feel pressured to teach through all of the content in a single meeting, but instead help middle school students to see the main overall point and big picture the lesson is conveying.

::COLLIDE::

See Leader Guide