

ONE CONVERSATION

Parents: *In Matthew 6:5-18, Jesus taught about fasting and praying. These teachings immediately followed teachings about giving. A common theme that connected these three teachings was a call to do them in a way that was secretive. In the final question in the Application section of this session, your student was encouraged to speak with you about fasting. If you would like your student to fast, then use this as an opportunity to coach him or her through a fast that you believe is safe and beneficial. Together, set up the best time range and parameters for the fast. For example, drinking only water from 7 a.m. to 7 p.m. on a given day and praying for a specific cause each time hunger strikes. Whatever time range you set has the potential to help your student understand fasting firsthand.*

Consider secretly fasting along with your student and join him or her in praying for a specific cause together. If fasting from all food, think about fixing a big meal for your student in time for the fast's expiration. Share with him or her that you fasted and prayed for the same cause when you have this meal together.

CENTRAL TRUTH

Jesus showed Christians how to pray and fast and we should follow His example.

PERSONAL CHALLENGE

- › **Dwell:** In teaching about giving, praying, and fasting, Jesus emphasized that God rewards things done in secret. God already knows what we need before we ask Him and His will is better than our will. So, when we pray, we should start by praising Him and inviting His perfect heavenly will done on Earth. This kind of prayer is a daily necessity. We must forgive others and ask God for His forgiveness. We must ask for God's deliverance from evil. Also, in leading a disciplined prayer life, we can practice the discipline of fasting.
- › **Memorize:** Matthew 6:33
- › **Pray:** In a private place, praise God for His eternal nature. Acknowledge His divine foreknowledge; the way He already knows what you need before your prayer even began. Praise Him for who He is and then invite Him to bring His kingdom down and to have His will done in your life. Ask Him for what you need to make it through today. Commit to forgive others and ask Him for His forgiveness (1 John 1:9). Ask God to deliver you from temptation and evil.