

Use “The Scene” to introduce “Meeting God Through Fasting” the High School Sunday school lesson for April 15, 2018. The lesson is found on page 43 of *High School Teacher* by Standard Publishing.

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A dieting trend that has stuck around for a while is intermittent fasting. It's when you eat only one meal a day and then fast the rest of the time. Some people even do the fasting part for a few days at a time. It's supposed to be helpful for your metabolism, but it's not recommended for everyone.

For the busy grown-ups that I know, intermittent fasting is just another term for their regular diet. They're too busy to stop to eat so they drink coffee for breakfast, work through lunch, and perhaps have a quick bite of something convenient for dinner.

But for most teens I know, this diet program would just not work. Their voracious appetites are better designed for intermittent grazing, perhaps.

As students arrive, give each of them a copy of the article. Then discuss in this way:

Do you think you could do without food for more than one meal? What about for more than one day? Why or why not?

What's one thing besides food that you would have difficulty giving up for one week?

Fasting for a time can sometimes help us focus on a certain issue. Some Christians, for example, fast to focus on their dependence on God. What is an area of your life that you'd like to set aside time to focus on?

People may fast for many different reasons. Today we'll look in the book of Matthew to see what Jesus said about what fasting is and what it is not.