"Why Do We Fast?"  
  
I love this lesson because "Why" we fast may not be something we think about very often.  It can become commonplace to observe fast Sunday and go about our business.  This lesson pointed out "Why" as well as the blessings available to all of us when we fast with a purpose.  
  
I used the talk ["Blessings of a Proper Fast"](https://www.lds.org/general-conference/2004/10/the-blessings-of-a-proper-fast?lang=eng" \o "" \t "_blank) by Carl Pratt from the lesson outline.  I also used "True to the Faith" as content for the slides.  I found a story in the September 2008 New Era called ["Not So Fast."](https://www.lds.org/new-era/2008/09/not-so-fast?lang=eng&query=fast+in+the+New+Era" \o "" \t "_blank)  I loved this story.  I included it because I thought it was a great "real world" example that the youth may have experienced themselves.  
  
The quote on the handout comes from the above story.  I think its simple yet powerful!  
  
Have a great lesson,