

Chapter 25 Fasting

Activity

Activity – Clearing Your Mind

Objective: To practice clearing your mind during a fast to receive answers

1. Tell your family that you are going to clear your mind of everything. (Or they can also focus on a gospel principle, a question they need an answer to or a purpose to a fast.) It may help to focus your mind on the color white or a clean white piece of paper.
2. Turn on the TV and/or music and other noises to distract. Do this for one minute.
3. Turn off the noise and explain to everyone that the noises and distractions come in the form of worry, fear, anxiety, anger etc. Sometimes in order to clear our minds completely we may need to take care of immediate concerns. Other times, we can try to fill our mind first with positive emotions, by counting all our blessings, reading the scriptures or listening to uplifting music and then trying to clear our mind again and see how much better we do.
4. Have the family listen to some uplifting music or say what they are grateful for and then have them try to clear their mind again, for one or two minutes.
5. Discuss what they learned.