



FASTING



What is fasting?

Fasting is abstaining from all food for a period of time, not as an end to make us more holy, but as a means to make room for the holiness of God to settle on our bodies. Fasting is one of the most practical disciplines to help reconnect our mind to our body, and offer our whole selves to God in surrender.

In Jesus' sermon on the mount He says, "*When you fast...*" implying that anyone who follows Him would obey the leading of the Spirit when the occasion called for it.

What does fasting do?

1. Breaks the habit of pursuing personal fulfillment through pleasure
2. Reveals what's in our heart
3. Re-orders our desires
4. Draws on the power of God to overcome sin

(Adapted from Practicing the Way)

How to fast.

1. Be attentive to what the Holy Spirit may be revealing.
2. When you would normally be eating or preparing to eat (grocery shopping, cooking, etc.) - devote that time to prayer with God.
3. Along with using prayer practice card, use these in your prayer time on the days you fast;
 - + "God, I offer my body to you in worship. Please transform me."
 - + Ask God to show you any area you need to repent and ask for forgiveness.
 - + Pray through a list of requests.
 - + "God, please speak to me. I'm listening."

Practical Tips

- + Drink lots of water (and a little bit of black coffee if you're a coffee drinker)
- + Slow down your activity
- + Let the experience be what it is, don't be too quick to judge it
- + If you have diet-based health issues, consult a doctor before fasting
- + If you have experienced trauma related to food please make healthy choices

Different options for fasting

- + Skip a single meal in the day
- + Avoid eating from sunrise to sunset
- + Avoid eating for a full 24 hours
- + Prayerfully consider a longer fast