

# fasting



# Why fast?



Fasting can serve as a tool to deepen our faith.

It is an optional practice with an aim to increase our longing for God, setting aside our usual sources of comfort and desire, and prioritizing our reliance on Him.

Fasting is meant to transform us, not to influence God's actions. It's a practice of suppressing our physical needs to enhance our spiritual awareness. The key to fasting is to use the time intentionally; it's not about dieting but about becoming more receptive to God.

Prayer plays a crucial role during fasting.

Prayer, helps us to quiet our minds and become more attuned to God's presence and messages. By forgoing worldly pleasures, we become more alert to God's voice. Fasting, especially during the period leading up to Easter, aids in the process of repentance, encouraging us to shift our focus from worldly matters to a closer relationship with God.

# Thoughts to consider

Fasting is a personal choice and should be approached with care, especially when it involves food.

If you're considering a food fast, it's important to consult a healthcare professional to discuss its duration and the specific foods to avoid, as it may not be suitable for everyone.

Alternatively, you can opt for a non-food fast, such as taking a break from media like TV, radio, music, or the internet. This can also foster spiritual growth, enhance your prayer life, and deepen your connection with God.

If you decide to fast from food, remember to stay hydrated by drinking plenty of water throughout your fasting period.

# How to fast

During Lent, of the time you have decided to dedicate to fasting, you have the flexibility to fast in the way that best suits you.

You might fast from Monday to Saturday, with Sundays normally being a break from fasting, or you might choose to fast just one or two days a week.

It's important to choose a fasting schedule that you can maintain comfortably. While Jesus fasted for 40 days, he was in solitude without daily work. Traditional Christian fasting varies: some break their fast at 3 pm, others fast from sunrise to sunset, or you might simply skip one meal a day.

Before beginning your fast, take time to pray, seek guidance, and thoughtfully decide on your approach.



