



## Fasting

**Fasting** means to go without food for a period of time. It also means not eating meat, poultry, dairy products and sometimes fish, in order to focus on becoming closer to God. **Fasting** means to be humble, to let the Lord Jesus Christ know that we seek to strengthen our relationship with Him. **Fasting** is a discipline that allows God's spirit to come upon you. **Fasting** shows God that you respect Him; it is also a way to worship Him because you are giving something up for His sake.

**Fasting** is the only spiritual practice that has to do with the nutrition of the body. **Fasting** focuses on feeding the spirit and not so much feeding of the body. We spend too much time worrying about what's for dinner and what kind



of snack we can have -- **fasting** is a time for us to focus on God, and nothing else.

**Fasting** is an act of dedication to the will of God and it involves determination and self-control. **Fasting** from foods and, more importantly, from sins, is observed in partaking of the very preparation for Holy Communion, the Body and very Blood of the Lord Jesus Christ, especially during the Holy Great Fast. There are many times that we **fast** throughout the year. We **fast** to commemorate saints lives, such as St Mary's Fast. We should also **fast** every Wednesday and Friday for the remembrance of the Lord Jesus Christ and what He did for us. We **fast** on Wednesdays in order to remember the day that Judas betrayed the Lord Jesus Christ, and we **fast** on Fridays in order to remember the Crucifixion of the Lord Jesus Christ.

**Fasting** should be done willingly and without force. If it is done with force, it defeats the whole purpose. The purpose of **fasting** is to grow spiritually and to become closer to God. If you are forced to **fast**, you may not be as spiritually benefitted from it. We should always **fast** because God wants us to and we also want to grow spiritually and be with Him in heaven.

**Fasting** is a way for us to show God that we are willing to give up things in order to be with Him.

