

Fasting

“Some have exalted religious fasting beyond all Scripture and reason;
and others have utterly disregarded it.”

John Wesley

About Fasting

Fasting is a practice from biblical times that is still practiced today. While there is no specific biblical command for fasting we do find many places in scripture where fasting is mentioned especially in the manner of how it is practiced. The practice of fasting is meant for us to grow spiritually closer to God through our sacrifice of food and while not recommended for everyone water as well. During a fast one is to devote the time normally spent on eating to prayer, meditation, and scripture reading. There are many variations of fasting from the extreme of abstaining from all food and water to partial fasts where only certain things like meat or sweets are cut from ones diet.

Tips and Resources

- Fasting is meant to be a private matter.
- If you have major health issues such as diabetes, heart problems, etc. consult your physician before embarking on a fast.
- Start slow and build up to longer more intense fasts. A good idea is to maybe cut out meat for a day, the next time add something else to your list of abstentions working up to a day without food. From this point add days to your fast until you get to a three to seven day period. (Please note that a three to seven day fast is a serious matter that should not be taken lightly both physically and spiritually speaking consult your physician and your spiritual mentor.)
- It is a good idea to consume water or fruit juice while fasting
- If your last meal before your fast consisted of fresh fruits and vegetables then constipation shouldn't be a problem
- Remember that benefits of a fast are both physical and spiritual and one should be looking for both during and after the fast.
- Chapter four of Celebration of Discipline by Richard J. Foster is a great resource on fasting.