

**Notes from Appendix: 'The Holy Habit of Fasting', *The Disciple*,
Lucy Peppiatt, pp. 153-159.**

'When we are fasting we are expressing the mourning and longing to see God's kingdom come.'

Fasting

There are examples in the Bible of:

- Total fasting (no food, only water)
- Partial fasting (either eating simply or giving up one particular type of food or drink for an extended period of time).

Jesus makes the assumption that his followers will fast.

Why?

- Fasting deepens our relationship with God, our prayer lives, our ability to hear from God, our ability to follow the leading of the Spirit.
- Fasting frees time *from* the everyday *for* prayer, Bible study and worship
- Fasting helps us 'master' the desire for something. It increases our self-control 'which is a great basis for a fruitful life with God'.
- We de-clutter our minds. When we feel hungry during the day we automatically think of the thing we're fasting for and so we pray for it.
- Fasting helps us bring our will further in line with God's will ('not my will but Yours be done'). We desire the things that God desires. We are saying to God, 'this is more important than that' (or Your will for Wokefield is more important than my food for the day!)

Tips

'Fast as you can, not as you can't'. For health reasons you might need to eat.

'If you start a fast, and you just cannot carry on for any reason, give up without feeling guilty, and try again another time'.

Fast with others for support and not for competition!

If you have to have food, consider fasting from something else – e.g. from digital media.

Further Study

Some passages in the Gospels relating to fasting: Matthew 4:1-11, 9:14-17, Mark 2:18-22, Luke 2:36-38, 5:33-39, 18:9-14