



PRAYER-FAST

DESCRIPTION

On the surface, fasting can sound unpleasant and difficult, but also intriguing. You may wonder if you're strong enough to do it but are interested in trying it so you can see what others like about it. And you may be wondering what benefits you will receive through this discipline.

Consider these: Fasting helps you draw closer to God. It allows you to humble yourself before God. Fasting helps you resist temptation and grow in self-control. It can also give you time to pray and seek God's guidance, and it helps you show solidarity with others.

HOW TO PRACTICE

Here are some ways you can make time during your day to give up earthy things you depend on in order to fix your heart and mind on the things above in prayer:

- Skip lunch today and pray during the time you would normally be eating.
- Pass on that morning cup of coffee and pray every time you think about drinking your coffee.
- Do a partial fast by eliminating something you eat or partake in everyday and pray whenever you desire that item.
- If taking a step back from food is not an option, fast from something like electronics and stop throughout the day to take time in prayer.