

Not so Fast...Why should I bother with fasting?

Simply put, fasting is going without food (and sometimes drink). Sometimes we have to fast for medical reasons but should we bother fasting for spiritual reasons? The Bible mentions fasting so why do we ignore it. Jesus did it. Should we follow his lead?

We don't have to fast from food (and some of us shouldn't for health reasons) but the exercise of fasting can be helpful and healthy. Listed below are some resources that will get you thinking and provide some practical tips on fasting. Here at DBC we are going to use the following working definition as we consider fasting...

Fasting is voluntarily going without—freely going without food or any other regularly enjoyed, good gift from God — for a spiritual purpose.

Fasting is not easy. It is counter-cultural in our consumerist society. Fasting is not about trying harder to please God—it's about depending on God, dedicating ourselves to prayer and trusting that he will provide.

“Without a purpose and plan, it's not Christian fasting; it's just going hungry.” David Mathis

Over the next 30 days consider taking part in this helpful and healthy spiritual practice. Prayerfully consider going without so that you can depend on God and dedicate yourself to prayer in a new and fresh way. Here are a few ideas to get you thinking:

- Go without one meal a week (i.e. Wednesday lunch) and spend the time praying
- Fast for one day a week and spend more time with God that day
- Stay off social media for a day, week, 30 days???
- Go without TV for day, a week, 30 days???
- Go without _____

Disclaimer... People under the age of 18 or over the age of 59 are not encouraged to fast (from food) without consulting their doctor. People whose lives or work requires that they keep up their strength (pregnant women, parents, medical care providers, teachers, firefighters, active military personnel, etc.) are likewise encouraged to choose a different type of fasting (other than food).

Online resources (hard copies can be made available by contacting the church office):

www.firstmoncton.com/ignite-fasting/

www.desiringgod.org/articles/fasting-for-beginners

www.boldcafe.org/spiritual-practice-fasting/

www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.html