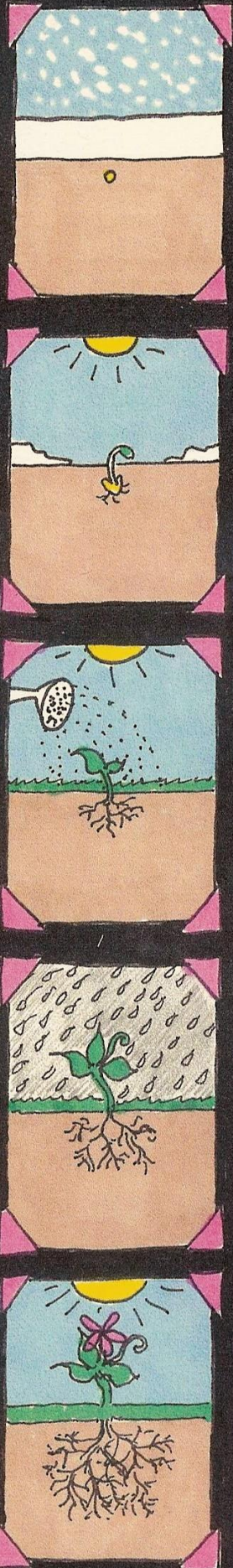


April 20

## A DAY OF FASTING

Fasting is a helpful way to remind people of our human frailty, to make us more aware of those who suffer in the world, and to remind us of our dependence on God. Fasting is also an outward sign of penitence and repentance for one's wrong doing. It can be a personal spiritual challenge to discern God's purpose.

Fasting has Biblical roots, and it often preceded great religious celebrations. Moses fasted and prayed forty days before receiving the Ten Commandments (Exodus 34:27-28.) Job fasted as he contemplated God's will for his life (Job 42:1-6.) Accounts of Jesus' fasting in the wilderness following his baptism are found in Matthew 4:1-2 and Luke 4:1-2.





Here are some suggestions in connection with fasting.

- Give up one big meal and donate the money that would have been spent to the food pantry
- Eat more simple meals
- Eat healthier meals
- Eliminate waste
- Avoid excessiveness

From: Lenten Alphabet by Phyllis Vos Wezeman  
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