



*Fasting + Feasting*

**FREEDOM FOR OUR BODIES**

**Practicing the way of Jesus  
together for the life of the world**



**Fasting:  
not eating food for a period of  
time in order to feast on God's  
presence**



- 1. Response to God in life's sacred moments**
- 2. Freedom for our bodies**
- 3. Solidarity with the poor**
- 4. Deeper hunger for God and his kingdom**



# EXAGGERATION

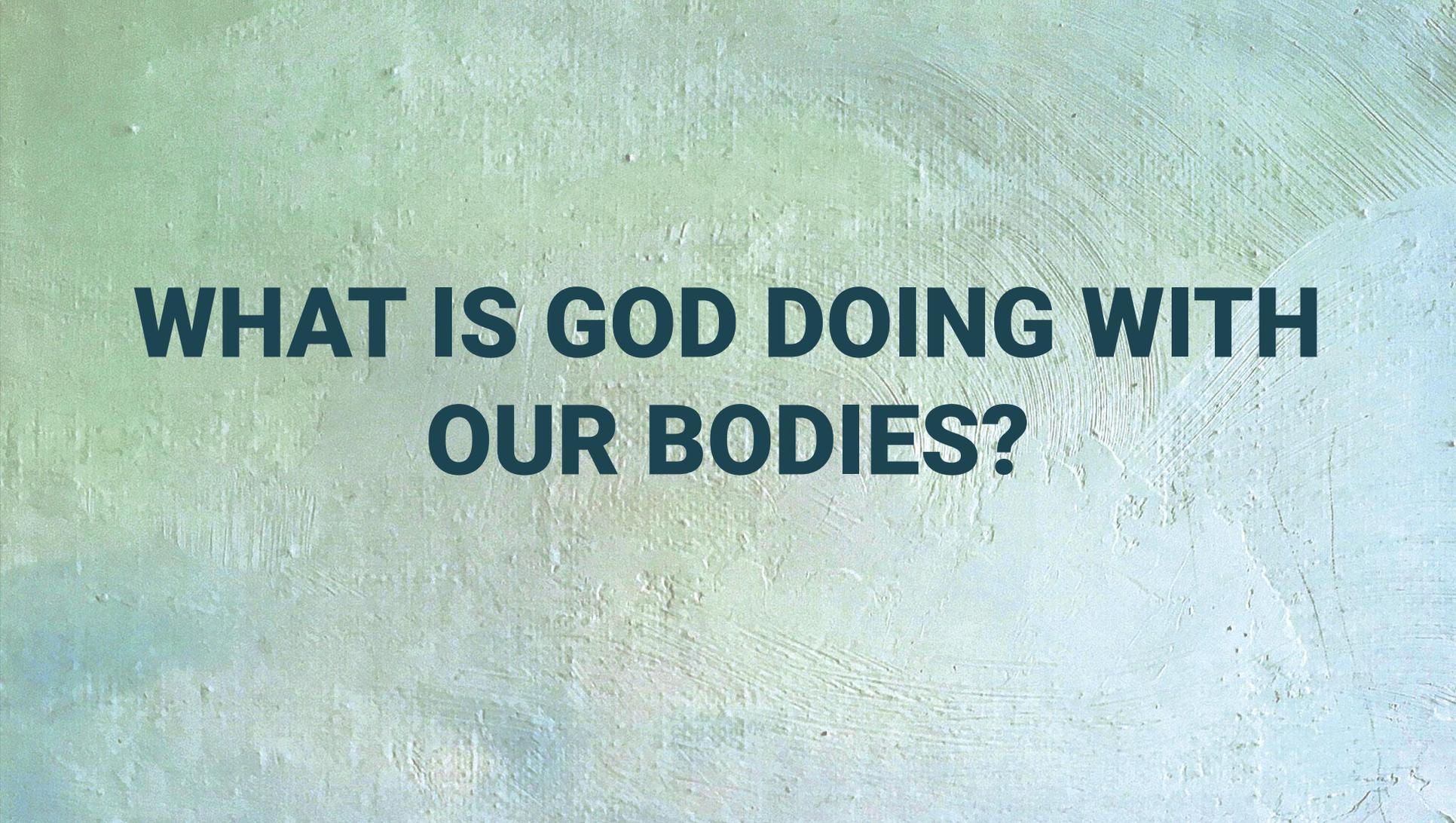


# **DIMINISHMENT**



# **BODY ANXIETY**





**WHAT IS GOD DOING WITH  
OUR BODIES?**

- 1. Body Goodness - Genesis 1:27-31; 2:5-7**
- 2. Body Shame - Genesis 3:1-7**
- 3. Body Redemption - John 1:14; Colossians 1:22;  
1 Corinthians 6:13, 15:42**
- 4. Body Conflict - Romans 6-7; Galatians 5:16-17**



For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree with the law, that it is good. So now it is no longer I who do it, but sin that dwells within me. For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.

*Romans 7:15-18*



But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

*Galatians 5:16-17*



So you also must consider yourselves dead to sin and alive to God in Christ Jesus. Let not sin therefore reign in your mortal body, to make you obey its passions. Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. But thanks be to God, that you who were once slaves of sin have become obedient from the heart to the standard of teaching to which you were committed, and, having been set free from sin, have become slaves of righteousness.

*Romans 6:11-13, 17-18*



**Freedom for our bodies means  
learning to want what God wants**



**Our bodies are critical to spiritual  
formation**



The human body is the primary field of independent power and freedom given by God to people. Put simply - no body, no power. People have a body for one reason - that we might have at our disposal the resources that would allow us to be persons in fellowship and cooperation with a personal God...Through the instrumentality of his life-giving word, God in regeneration renews our original capacity for divine interaction. But our body's substance is only to be transformed totally by actions and events in which we choose to participate from day to day.

*Dallas Willard*



The glory of our bodies is that they are better than we could ever imagine and the mystery of them is that they house such suffering and disorder as well...It is in the wilderness of the body, this place of utter frailty and dependence that we find ourselves freed by God.

*Tara Owens*



**HOW DOES FASTING HELP  
BRING FREEDOM FOR OUR  
BODIES?**

# **Fasting Cultivates Body Awareness**



Alienation from our bodies lies at the core of our alienation from our deepest self and the world. Until we can be at home in our body, we can never truly be home anywhere. Until we can return to being grounded in our self as a biological organism, we will be forever vulnerable to looking for a substitute anchor for our being.

*David Benner*



# **Fasting Reorients Our Bodies' Desires to God & His Kingdom**



Sin, in our bodies, in our desires, can be an instrument of wickedness, but we can also offer everything, including our bodies and our desires, as instruments of righteousness. As followers of Christ we're not ruled anymore by impulses we can't control, desires that lead to destruction. We don't have to categorize everything we want as automatically bad, because, beyond the first faltering steps of our walk with God, our desires tend more and more to coincide with his.

*Tara Owens*



We do not need to extinguish the fire in the grate; only to prevent the coals from falling out and setting the place on fire.

*Arthur Wallis*



# Spiritual Formation Guide

www.somaindy.com/spiritual-formation/

Invitation	Resistances	Limitations	Practice(s)	Support
Scriptural Anchor:	External:		1)	Friends:
	Internal:		2)	Guides:
<p>God is always speaking &amp; inviting us to the work of change. The first step is declaring your desire. Ask yourself: <i>What matters most to me right now? What single change could make the greatest impact in my life?</i></p> <p>Once you've decided, list your invitations as positive statements beginning with "I want...". Include a Scripture reference to anchor you in God's promises.</p>	<p>Everyone has learned resistances that protect us from the pain of change. On the top, ask yourself: <i>What things do I do, or not do, that get in the way of my desired change?</i></p> <p>On the bottom list your fears related to changing with "I'm afraid..." List the hidden commitments that flow from your fears with "I'm really committed to..."</p>	<p>Accepting our limitations keeps us grounded in reality. Limitations include season of life, health conditions, work, and relational systems. Ask yourself: <i>What circumstantial limitations do I need to accept as part of my current reality? What pain do I need to make peace with instead of avoiding?</i></p> <p>List your limitations with "I surrender..."</p>	<p>Formation practices help us align our whole person to God's loving invitations for our lives. Ask yourself: <i>Which practices could be most helpful in forming new habits, beliefs, and feelings that break through my resistances and free me to God's invitation?</i></p> <p>List these practices with "I commit..." Be sure to identify specific rhythms (time, place) that you want to create.</p>	<p>Ask yourself: <i>Who has God placed around me that is safe, trustworthy, and available to support me? Who is not currently represented in my life that needs to be here?</i></p> <p>List your support team by name with "I trust..." along with how you feel they could best serve you in this season and how often you plan to meet with them (individually or as a group).</p>



- 1) Sabbath Way of Life
- 2) Prayer
- 3) Scripture
- 4) Justice & Reconciliation
- 5) Fasting & Feasting**
- 6) Owning Your Story
- 7) Living Into Your Identity
- 8) Making Disciples
- 9) Simplicity & Generosity
- 10) Eating & Drinking
- 11) Healing the Sick