



*Fasting + Feasting*

**SOLIDARITY WITH THE POOR**

- 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**





**WHY IS GOD ANGRY WITH  
THEIR FASTING?**



# SELFISH FASTING





**WHAT IS THE FAST THAT  
GOD CHOOSES?**



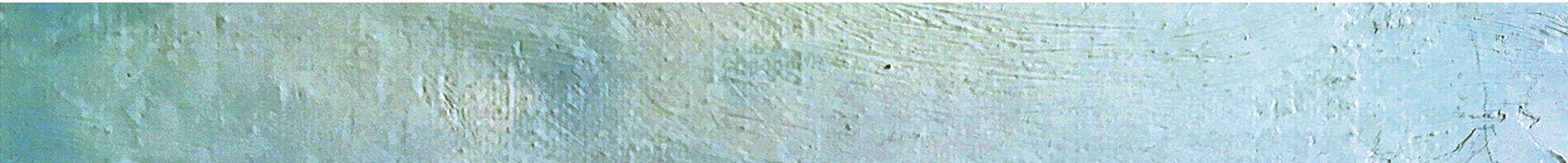
Keep justice, and do righteousness, for soon my salvation will come, and my righteousness be revealed.

*Isaiah 56:1*

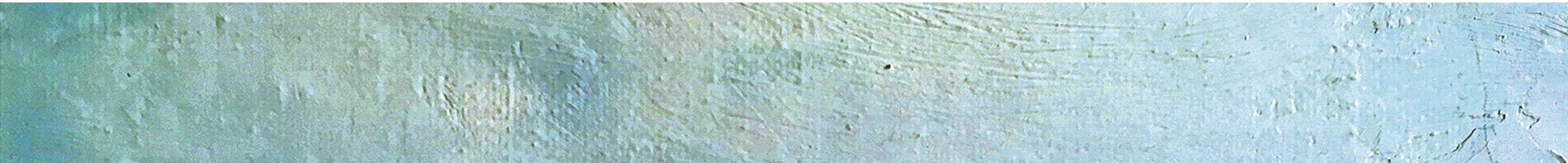


The wicked advantage themselves by disadvantaging others, but the righteous disadvantage themselves to advantage others.

*Bruce Waltke*



**Isaiah redefines fasting as solidarity with the poor. Fasting is a response to the condition of the poor and the presence of injustice in the community. It is both horizontal & vertical, individual & communal.**





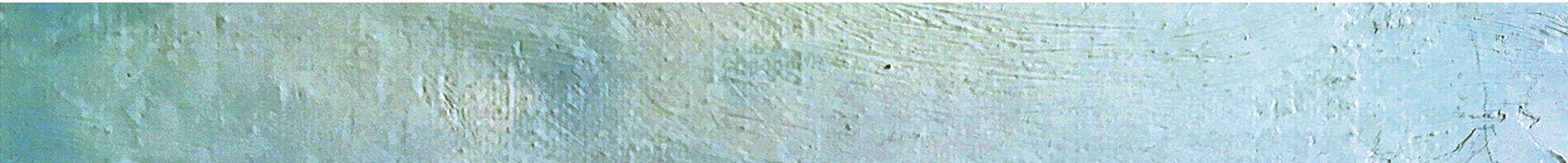
## Framework for Wealth, Possessions, & Poverty

- **God created people in his image to experience physical, emotional, spiritual, and financial wholeness. Money is a good gift from our generous Father. (Gen 1-2; Deut 8:18; Ecc 5:19)**
- **Sin unleashed chaos and injustice into the spiritual, relational, and social systems that impact wealth creation & distribution (Gen 3)**
- **Bryan Meyers: Poverty is the result of relationships that do not work, that are not just, that are not for life, that are not harmonious or enjoyable. Poverty is the absence of shalom in all its meanings.**

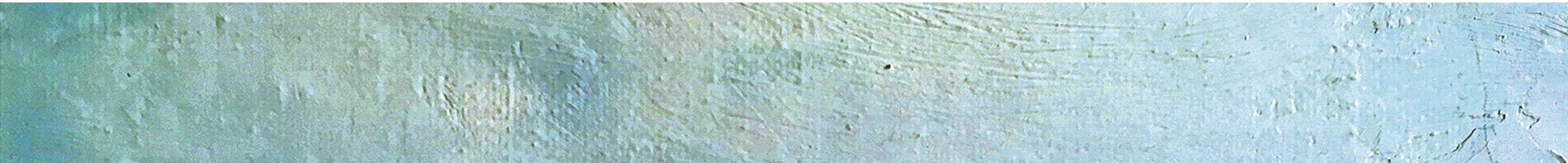


## Framework for Wealth, Possessions, & Poverty

- **The poor will always be with us, but it shouldn't be the same poor. Christians are called to love, honor, and care for the poor as God has done for them. (Prov 19:17; Luke 12:33-34; 1 Jn 3:17)**
- **Wealth & possessions should be redeemed and stewarded for God's purposes in the world. Neither the rich nor the poor should be idealized nor stigmatized. Everyone is invited to put their trust in God not their money. (Matt 6; Phil 4:11-13; 1 Tim 6)**



# COMPASSION



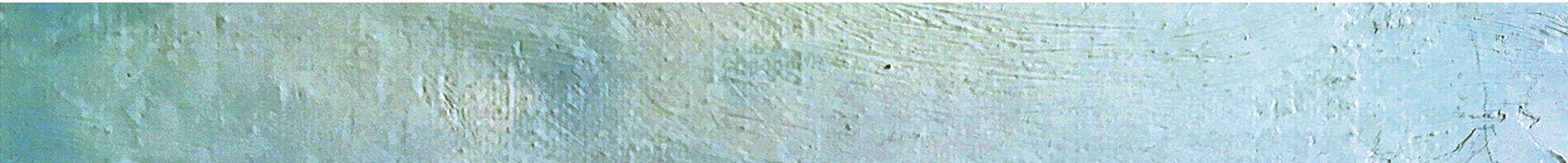


**Compassion:**  
**Seeing as God sees and feeling as God**  
**feels so we can do as God does**

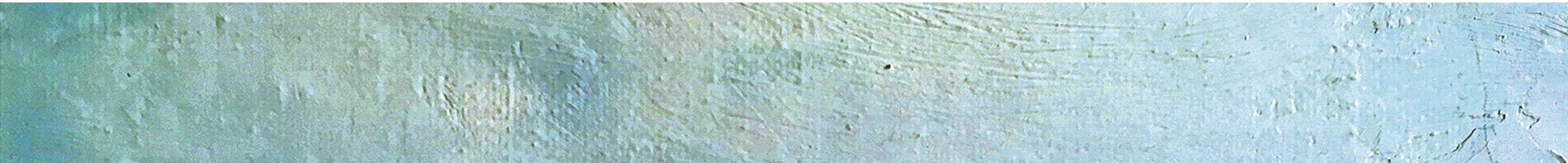


Put yourself in the place of every poor man and deal with him as you would God deal with you.

*John Wesley*



# ADVOCACY





When a group protests by fasting, they both negate one relationship - with the haves - and they affirm another relationship - with the have-nots. And since the structures of power always have sufficient food, fasting is not only refusing relationship, but it is also protesting the power structures that exist.

*Scot McKnight*

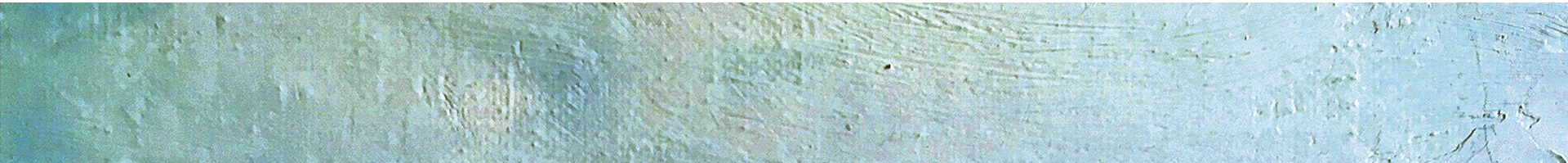


**GENEROSITY**



Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours but theirs.

*John Chrysostom*





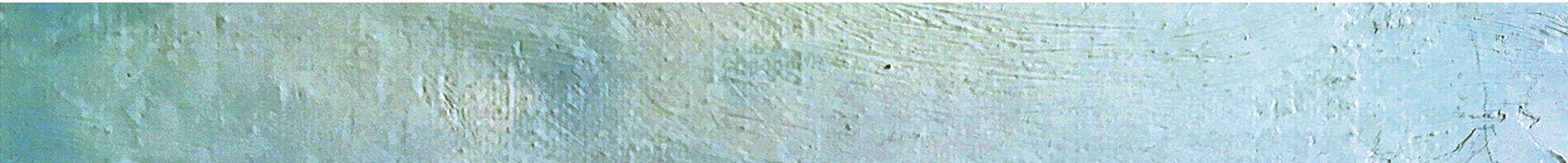
Having fulfilled what is written, in the day on which you fast you will taste nothing but bread and water; and having reckoned up the price of the dishes of that day which you intended to have eaten, you will give it to a widow, or an orphan, or to some person in want, and thus you will exhibit humility of mind, so that he who has received benefit from your humility may fill his own soul, and pray for you to the Lord.

*Shepherd of Hermas (AD 150)*



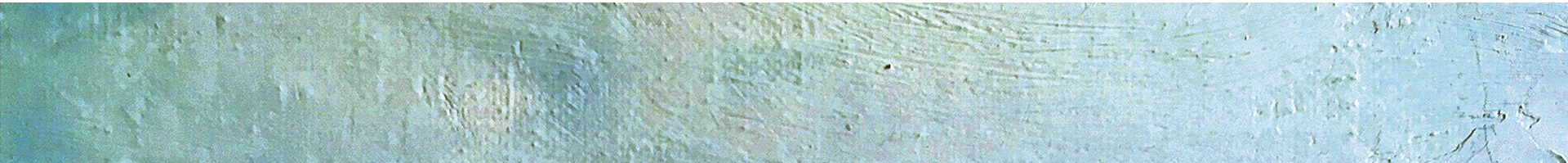
Let us fast in such a way that we lavish our lunches upon the poor, so that we may not store up in our purses what we intended to eat, but rather in the stomachs of the poor.

*Caesarius of Arles*



What we give up in food when we fast can be converted to gifts to the poor; what we give up in time not spent eating can be converted into time spent relieving injustices.

*Scot McKnight*



## **Fasting to Stand in Solidarity with the Poor**

- **Start small and local, work outward in concentric circles: family, church, neighbors, office**
- **Fast intentionally during Lent and pray for God's eyes and heart for the poor in Indianapolis and around the world. Take the money you would've spent on a meal and set it aside to give away to the poor.**
- **Fast in solidarity with refugees**





# World Food Program

- 2 cups of dry rice
- 1/3 cup dry beans or lentils
- 2 tablespoons olive oil
- 1/3 cup of corn-soy blend
- 4 teaspoons sugar
- 2 1/2 teaspoons salt





A PLACE  
AT THE  
TABLE

*40 Days of Solidarity with the Poor*

CHRIS SEAY

**What's your invitation?**



# 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