



# *Fasting + Feasting*

**WHY FAST?**



# FOODIE CULTURE



# FOOD DISPARITY



# **NON-RELIGIOUS FASTING**





# **WHAT IS FASTING?**

**What it's not**



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





Fasting is the natural, inevitable response of a person to a grievous sacred moment in life.

*Scot McKnight*



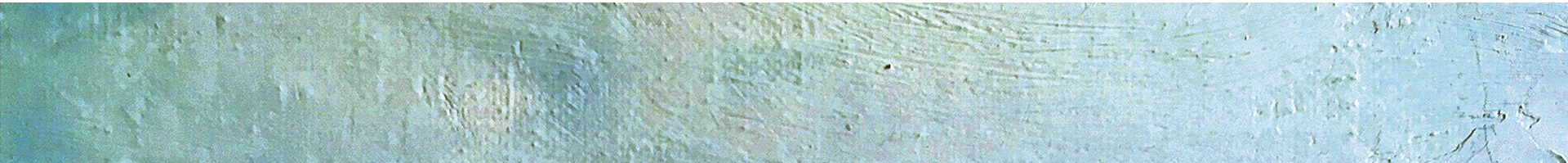
Whole body hungering for God.

*John Piper*



Fasting unto our Lord is therefore feasting - feasting on him and on doing his will.

*Dallas Willard*



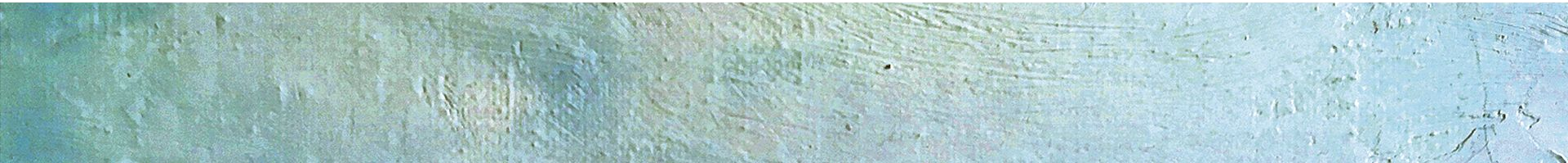
# Absolute Fast



# Normal Fast



# Partial Fast



And I fear there are now thousands of Methodists, so called, both in England and Ireland, who, following the same bad example, have entirely left off fasting; who are so far from fasting twice a week (as all the stricter Pharisees did) that they do not fast twice in the month. Yea, are there not some of you who do not fast one day, from the beginning of the year to the end? Since, according to this, the man that never fasts is no more in the way to heaven than the man that never prays.

*John Wesley*



The background is an abstract composition of thick, textured brushstrokes. The color palette is primarily muted greens and blues, with some lighter, almost white, areas where the paint is more heavily applied or where the strokes overlap. The strokes are directional, with many moving from the top-left towards the bottom-right, creating a sense of movement and depth. The overall effect is that of a hand-painted surface, possibly a wall or a canvas, with a rich, tactile quality.

**WHY FAST?**



- 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**



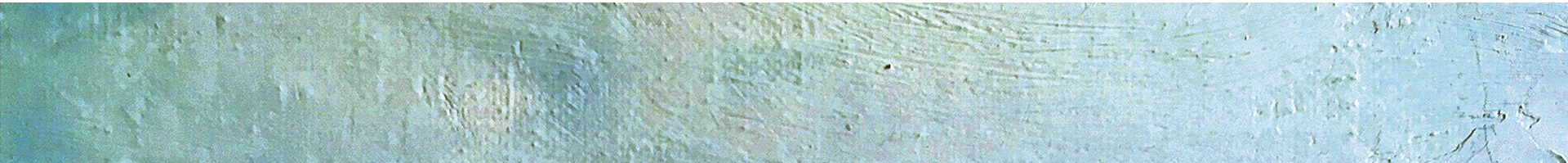
The greatest enemy of hunger for God is not poison but apple pie. It is not the banquet of the wicked that dulls our appetite for heaven but endless nibbling at the table of the world. It is not the X-rated video, but the prime-time dribble of triviality we drink in every night. For all the ill that Satan can do, when God describes what keeps us from the banquet table of his love, it is a piece of land, a yoke of oxen, and a wife (Luke 14:18-20). The greatest adversary of love to God is not his enemies but his gifts.

*John Piper*



And the most deadly appetites are not for the poison of evil, but for the simplest pleasures of earth. For when these replace an appetite for God himself, the idolatry is scarcely recognizable, and almost incurable. Jesus said some people hear the word of God, and a desire for God is awakened in their hearts. But then, “as they go on their way they are choked by the cares and riches and pleasures of life” (Luke 8:14). In another place he said, “The desires for other things enter in and choke the word, and it proves unfruitful” (Mark 4:19).

*John Piper*



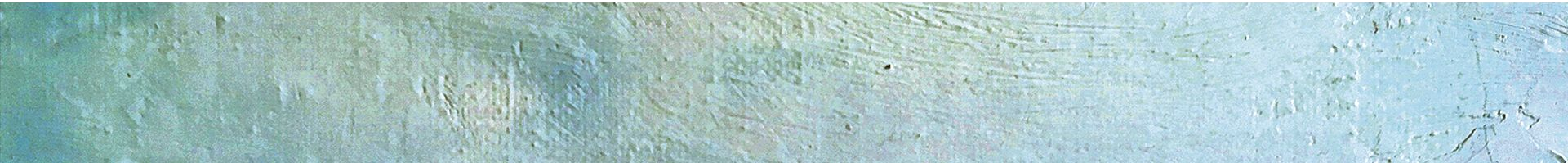
The “pleasures of life” and the “desires for other things” - these are not evil in themselves. These are not vices. These are gifts of God. They are your basic meat and potatoes and coffee and gardening and reading and decorating and traveling and investing and TV-watching and Internet-surfing and shopping and exercising and collecting and talking. And all of them can become deadly substitutes for God.

*John Piper*



Fasting gives birth to prophets, she strengthens the powerful. Fasting makes lawmakers wise. She is a safeguard of a soul, a stabilizing companion to the body, a weapon for the brave, a discipline for champions. Fasting knocks over temptations, anoints for godliness. She is a companion for sobriety, the crafter of a sound mind. In wars she fights bravely, in peace she teaches tranquility. She sanctifies the Nazirite, and she perfects the priest.

*Basil*



# 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