

Fasting

Fasting has long been a part of the season of Lent for the church. Lent is a time of preparing to encounter Jesus in the mystery of Easter. One way Christians have prepared ourselves for thousands of years is by choosing to give up something, SO THAT we can be more focused on our life with God. Christians choose to give up all kinds of things during the 40 days of Lent, from fast food or soda, to social media or video games, to “bad” words or complaining. Remember, we don’t have to be perfect in our fasting to please God. If you mess up, or “break” your fast, know that God’s grace is surrounding you. Just do your best! The goal is not to be a perfect person, but to grow closer with God during this season.

HOW TO

1. Choose an area where you want to be intentional in your life this Lent to help you be more aware of God. Here are some possibilities:
 - Screen time - I want to use screens intentionally to spend more time connecting with my family and with God.
 - Physical health - I want to be healthy in my eating, drinking, sleeping to honor God with my body.
 - Relationships - I want to demonstrate God’s love for us in my relationships, or a specific relationship, during this season.
 - Money - I want to use my money or resources to help people, following Jesus’ example of caring for the poor.
2. Now that you’ve chosen an area of life, choose something specific you will give up or not do during the 40 days of Lent, SO THAT you can be more present to your life with God. Whatever you choose to fast from, be sure you decide on a “SO THAT” intention that will remind you why you are fasting. Here are some possibilities:
 - I will not be on my phone/computer/console during and after dinner, SO THAT I can spend time growing in friendship with my family and with God.
 - I will not eat fast food, SO THAT I can honor God by giving my body what it needs to thrive.
 - I will do my best not to say anything hurtful or negative about anyone, SO THAT I will remember God loves them and created them just like God made me.
 - I will not buy anything I don’t absolutely need to live, SO THAT I can give away money I would have spent to someone who isn’t able to buy everything they need.
3. Set yourself up for success by writing your fasting statement somewhere you can see it easily (like your bathroom mirror, the refrigerator, by your bed, on your notebook). You might share your fast with your family so you can help each other stay on track.