

## About Fasting

People cannot live without breath but they can, for a time, live without food. Our God, the Lord of Creation, provides the breath and the bread that gives us life. As we turn away from things that consume our time and energy, we are invited to turn to the One who has a different way. Beloveds, just breathe.

Fasting gives us the opportunity to match our breath to our source. The act of fasting invites God to fill us with the pleasure of His presence through the Holy Spirit. When we fast from a place of intention with our whole hearts, our spiritual ears become unplugged, our hearing becomes fine-tuned, and we become increasingly aware of both those things that bring God pleasure, and the things that break God's heart.

Fasting connects us to the King of the Universe. It can fine tune the channels of our hearts and mind so that we can commune with God the Father, the Son, and the Holy Ghost in a deeper, more intimate way. This type of communion has the power to transform us and renew our minds.

When we fast together as a church, this effect is amplified. We are the two or more gathering together to worship the one true God in spirit and in truth (Matthew 18:20). When we, as a church, approach fasting in faith, believing God sees us and is responding to our combined humility, nothing is impossible for us (Matthew 17: 20).

Fasting is an opportunity for us to draw closer to the One who called us and loves us best. It's a chance to spend time in the presence of the One who made us and has magnificent things in store for us. Most of all, it is an opportunity to commune with the lover of our souls and to have satisfaction that goes beyond what we can think or imagine.

OctoberFast is an opportunity for us to fast together, as one body, which is Fountain of Life Church. So let us approach OctoberFast 2025 with the desire to breathe as one body, one Lord, one Faith and one Baptism.

blessings,  
 Sister Sherry Lucille  
 4th Watch Prayer Ministry