

# A Short Guide to Fasting

For centuries, fasting was a core practice for those who followed the Way of Jesus. Early Christians regularly fasted twice a week—on Wednesdays and Fridays—until sundown. Just like prayer, Scripture reading, and gathering for worship, fasting was simply part of what it meant to be a disciple of Jesus.

Jesus himself began his ministry with 40 days of fasting and continued the practice throughout his life. And he said, “Follow me.” So, it makes sense that we, as his followers, would incorporate fasting—both in short and extended periods—into our rhythm of discipleship.

A spiritual writer once said fasting is a “discipline of abstinence,” picking up on self-denial as a way to open the heart, mind, and body more fully to the Spirit of God.

**Fasting is one of the most powerful ways to bring our entire being into alignment with God.**

Remember, fasting isn’t the goal—finding God is (Jer. 29v13). We want to tap into our bodies base cravings in order to awaken in us a deeper hunger for God.

In Scripture, fasting leads to feasting; Lent’s 40-day fast is followed by Easter’s 50-day feast. Each week, break your fast with gratitude, and remember—God makes us holy, not the act of fasting itself.

## **Practicing Fasting Together at CrossPoint**

As we journey toward Easter during this Lent season, we invite our church family to practice fasting as a way to seek the Father, grow in hunger for and dependence on Holy Spirit, and prepare our hearts for the celebration of Jesus' resurrection.

**Our corporate fast will take place on Wednesdays.**

### **Ways to Participate**

**New to Fasting?** Start small by fasting from one meal on Wednesdays. Use this time to pray, read Scripture, and focus on God.

**Some Experience with Fasting?** Try fasting for a full 24 hours, from sundown Tuesday to sundown Wednesday. Break your fast with a simple meal and gratitude.

**Ready for a Challenge?** Fast on both Wednesday and Friday, following the practice of early Christians.

### **Key Reminders**

- *Stay Hydrated* – Drink plenty of water throughout your fast.
- *Pray with Purpose* – Let hunger remind you to turn to God in prayer.
- *Don't showcase your fast* – Fasting is between you and God, don't make a big deal of it to others (Matt. 6v16-18).
- *End with Gratitude* – Break your fast with thanksgiving and delight in God's goodness.

