

Lent Season 2022
Soul Rest Spiritual Disciplines

(Adapted from Soul Reset: breakdown, breakthrough, and the journey to wholeness)

Week Three, March 20-26

The Practice of Fasting

The practice of fasting is an invitation to reorient our lives to our hopes and visions for our life. Fasting is about saying no to say yes, that is to recenter our lives by giving up things to notice how much we spend doing what does not serve our hopes and visions.

Day One: Fast from social media for 24 hours.

Day Two: Fast from food from sundown to sundown.

Day Three: Fast from words. Refrain from speaking for the day.

Day Four: Fast from using plastic.

Day Five: Fast from excess. Resist the urge to stockpile, get seconds...

Day Six: Fast from complaining and criticism.

Day Seven: Fast from technology. Keep your eyes on the real world around you.

Consider the following questions this week from *Soul Reset*: How are you taking care of yourself? What's your *why* behind all of your effort? When have you felt "it's all on you"? What are some ways to avoid this common trap and instead to trust in the love of Jesus as the center of your life?

Isaiah 58:6

⁶Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke?

Matthew 6:16-18

¹⁶“And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. ¹⁷But when you fast, put oil on your head and wash your face, ¹⁸so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

Prayer for Fasting

Holy God, be with me as I fast. Too often there are few open spaces in my life. Rarely do I create time and space in my day to be, to be with you. Guide me into this time of fasting. Help me to fill this fasting space with you and your word. May it be a time where I am reminded of my reliance upon you alone for my life, my purpose, my salvation. May I be reminded of Jesus' words that we don't live by bread alone but by every word spoken by God (Matthew 4:4). As I fast may I lean into your Spirit and your way. Amen.