

The Basics (Nuts & Bolts) of Fasting

We invite you and your family to join the DCF community in the fasting portion of The Season of Pursuit. Fasting may be an unfamiliar concept to you and so below are some general directions and suggestions for what fasting would look like...

- Choose one meal per week (ex. lunch on Wednesday, or breakfast on Friday) and abstain from eating any food at that meal, or until the next meal comes. Meaning, if I fast during lunch on Wednesday, I would not eat again until dinner on Wednesday evening (the fast would last approximately 5 hours, give or take).
- Spend that time when you would be eating, praying and pursuing God. Though you may choose to abstain from drinking as well, if you are concerned, drinking water is appropriate.
- In the hours after that meal and before you eat again, you will get hungry often and so use those moments of longing for food, to pray and pursue God. One of the things fasting reveals to us so clearly, is how much we long for “fleeting pleasures” and how little we long for Christ. God-willing, this practice will help to expose that and begin to reverse that.
- For some, giving up food is not an option for health reasons. If that is the case for you, consider fasting from something else you do regularly (ie. Scrolling down the feeds of Facebook, reading a book, watching TV, playing a sport). If you choose watching TV, maybe set aside Monday, and anytime during that day when you would grab the remote, spend that time in prayer instead.
- Parents are encouraged to include their children in The Season of Pursuit in whatever way you feel is appropriate at their age and ability. If fasting from food is a possibility for your child, give it a shot. If you feel like that wouldn't work for them based on age or whatever reason, invite them to consider what they might fast from and pray. Kids can be pretty creative!
- During the weekly devotional videos I will be sending out, I will include more of the Biblical and theological foundations for fasting and so you can look for that material to come over the 12-weeks.
- As always, if you have questions, feel free to contact me.

God's blessings to you as we pursue God together!

~Pastor Brad