

How to Fast?

Fasting is hard. It sounds much easier in concept than it proves to be in practice. It can be surprising how on-edge we feel when we miss a meal. Many an idealistic 'new faster' has decided to miss a meal and only found our belly drove us to make up for it long before the next mealtime came. In view of helping us fast together, here are a couple of tips.

1. Miss just one meal

Why not just miss one meal either breakfast or lunch? A juice fast means abstaining from all food and beverages, except for juice and water. Allowing yourself juice provides nutrients and sugar for the body to keep you operating, while also still feeling the effects from going without solid food.

2. Do it with a friend or family member

The typical form of fasting is personal and private, but we find a variety of forms in the Bible: personal and communal, private and public, congregational and national. It can help to fast together with a friend or maybe with your life group.

3. Plan what you'll do instead of eating.

Fasting isn't merely an act of self-deprivation, but a spiritual discipline for seeking more of God's fullness. This means we should have a plan for what to do with the time when we are not eating. We would invite you to pray for the future of All Souls and in particular that God would give us a vision after his own heart.

4. Join in the day of prayer.

Different ministers/ministries will be leading times of prayer throughout the day. Find out more information at allsouls.org/dayofprayer.