



Fasting Challenge

To train yourself for our 24 hour Maundy Thursday food fast, start by fasting from something else (sugar, meat, caffeine, social media, TV, internet, etc.) for an extended period.

Fasting is a way of saying with our whole body how much we need and want and trust Jesus... It is a whole body hungering for God.

John Piper

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Fasting Challenge

1. The focus of fasting is on offering your whole self to God.
2. The goal is to make fasting a part of your normal life, not a one time thing.
3. Start where you are, not where you think you should be.
4. When you normally eat, grocery shop, or cook... pray instead.
5. Pray something simple like Romans 12:1-2 during your prayer times.
6. Find someone or a group to fast with when possible.
7. When you begin to practice fasting from food, if going until dinner is too long, eat at lunch. Just start somewhere.
8. We are all working toward a 24 hour fast as a church leading into a Maundy Thursday feast together.

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