

## Growing Spiritually as an Elder

### Fasting Prayers

#### Disciples Pray

*Fasting is meant to remove distractions that get between us and our God. It is not meant to make you starve and groan. It is to focus your attention beyond daily needs to the God of our salvation.*

*Fasting from food should only be done by persons whose health can sustain a day or part of a day without harming them. Remember to drink a lot of water and fruit juice when you fast. Read about fasting from books from your local library before undertaking this prayer.*

- 1) Fasting from food is the most commonly thought of fast. There are options in this discipline:
  - a) Fast as a group and break your fast together.
  - b) Save the money you would have spent on food during the fasting period and donate it to charity.
  - c) Get together to pray before, during, or after your fast with partners in this prayer. Compare notes about what you learned.
  
- 2) You can fast from things that are not food, but things that hamper our concentration on God's mercy and presence. You can fast from ...
  - a) Negative talk about other persons or negative talk about yourself
  - b) Speech
  - c) Television
  - d) Smoking, Alcohol, other habits that may have long term effects on your health.
  - e) Certain foods that are luxury items
  - f) Shopping for things you do not "need"
  - g) Use your imagination and prayer to determine what you might need to move out of your life for some time.
  
- 3) Fast on the same day with a prayer partner in another part of the world or community.

