



Fasting to Offer Ourselves to God

Practice Lab Week #1

Thursday, October 19 (6-7:30pm)

Registration is still open! Go to cpc.org/events to register.

Fasting enables us to approach our spiritual formation not just with our minds (thinking, talking, praying, listening to teaching and preaching), but also with our bodies. When we fast we offer our bodies, and the whole of ourselves, to God in response to His mercy and sacrificial love. In doing so, we open our whole person to the transformative work of the Holy Spirit. Fasting is not about earning God's love or getting anything from Him; the focus is on what we can freely give to Him.

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship."

- Romans 12:1

Ideas for Practice:

Fast for 12 hours (starting practice) or 24 hours (stretch practice) with the purpose of offering yourself to God. Here are a few ways that you can offer yourself to God today:

- In dedicated times of prayer (perhaps morning, mid-day, evening), or whenever you experience hunger pangs, pray through Romans 12:1, or simply pray *"God, I offer my body to you in worship, please transform me."*
- Pray over and offer your plans or tasks of the day (work, caregiving, commuting, errands, emails) to the Lord, inviting Him to guide you and remind you of His presence with you throughout the day.
- Offer praise to God throughout the day (prayer, musical worship, reading and reflecting on a Psalm, etc.).

Fasting Reflection:

Spend some time briefly journaling (bullet points) about how your fast is going and reflecting on the following questions: *How is the Lord inviting me to more fully offer myself to Him today? Is there an area of my life that I might be holding back from Him?*
