



Fasting to Grow in Holiness
Practice Lab Week #2
Thursday, October 26 (6-7:30pm)

Fasting is a way for us to starve the flesh (our sinful appetites and desires that are bent away from God) and feast on the spirit. In a culture that prizes instant gratification, fasting enables and frees us to say “no” to getting what we want and “yes” to our deepest desire for God. We renew our dependence on God and grow in holiness as we invite the Holy Spirit to reveal what is in our hearts and re-order our desires.

“Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

- Psalm 139:23-24

Ideas for Practice:

- In dedicated times of prayer (perhaps morning, mid-day, evening), or whenever you experience hunger pangs, make this (from 1 Peter 1:16) your prayer: *“Lord, help me to be holy as You are holy.”*
- Spend some time in silence with the Lord. Read and pray through Psalm 139:23-24, and invite the Lord to reveal any sin in your life. Offer these areas of your life to the Lord in prayer and confession.
- At the close of the day, bring the last 24 hours before the Lord with the [Prayer of Examen](#). This is a way to pause, notice, and remember God’s holy presence and activity in your daily life. Take some time to reflect back on where you may have missed His presence and to bring anything that is grieving you before Him.

Fasting Reflection:

Spend some time briefly journaling (bullet points) about how your fast is going and reflecting on the following questions: *Is this time of fasting revealing any dependencies (i.e. food, affirmation, social media, etc.)? What tendencies, or flesh patterns, (i.e. anger, fear, irritability) may be coming to the surface? How might you bring these before the Lord in confession, repentance, and prayer?*
