



Fasting to Stand with the Poor
Practice Lab Week #4
Thursday, November 9 (6-7:30pm)

Our desire, as we open our lives to the work of the Holy Spirit through fasting, is not only for personal transformation but also for societal transformation; we desire to be transformed for the sake of others. Fasting helps us grow in solidarity with the poor, and also offers practical steps to alleviate poverty. Historically, on fasting days, Christians would take their food, or the money typically spent on food, and give it to the poor. This simple practice of giving away money that would have been spent on food has the subtle potential to transform the lives of the poor, as well as our own. As we acknowledge the abundance we often live with and realize the scarcity that others in our communities experience, we begin to consider how we might respond in service, generosity, and justice.

“Is this not the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter – when you see the naked, to clothe them, and not to turn away from your own flesh and blood?”

-Isaiah 58:6-7

Ideas for Practice:

- In dedicated times of prayer, or whenever you experience hunger pangs, pray for those who are suffering and experiencing injustice in the Bay Area and across the world.
- Pray for the Lord to set you free from self-love and self-preservation and to transform you into a person of Christlike love, compassion, and justice.
- Calculate the money you would have spent on snacks, meals, coffee, La Croix, etc. on the day you fast and give that money to those in need.
- Consider specifically praying for and partnering with one or two of our local and global outreach partners. To learn more, go to <https://cpc.org/cpc/get-involved/missions/>.

Reflection/Journal Questions:

Spend some time briefly journaling (bullet points) about how your fast is going and reflecting on the following questions: *Is there a particular ache or issue (i.e. poverty, trafficking, food insecurity, racial injustice) that God may be placing on your heart? How may He be stirring you to pray and respond? How might you seek justice and serve in the city where you live?*
