

TOOL: Fasting to Feast on God's Word

Fast • Weekly



He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.

Deuteronomy 8:3

"The whole of the good Christian life is a holy longing." St. Augustine

An important part of fasting is to identify the purpose of the fast. Without a sacred purpose, fasting is self-punishment or empty vainglory. People usually fast as a practice of prayer, longing for a spiritual breakthrough, to stand in solidarity with the hungry, or to redirect their longings to God. One of the reasons to fast is to see a deeper longing that is less evident than our next meal or snack. You might consider fasting so that your soul can feast on a greater provision: God's Word.

This week, in place of your food (or whatever it is you are fasting from), enter in the meditation or consumption of God's Word. Use that time and that pang of hunger/craving to be a reminder to seek God's Word. The following are scripture passages you can take with you and chew on throughout your day.

Ways to engage these passages:

- You might want to write and rewrite these passages.
- You can slowly pray through them.
- You might also want to try to memorize scripture during this time.

DAY ONE: Romans 8:18-27

DAY TWO: Psalm 36

DAY THREE: John 4:1-26

DAY FOUR: John 7:37-41

DAY FIVE: Psalm 42

DAY SIX: Psalm 119:1-16

DAY SEVEN: Isaiah 55:1-11

"Trying to satisfy our thirst can be an incredibly exhausting process, you can hear it clearly in the words of the Samaritan woman, "Sir, give me some of this water so I won't get thirsty and have to keep coming here to draw water." Our hearts seem to be a bottomless pit, in constant need of love and affirmation, significance and value. We just don't seem to be able to get full and stay full. We are always longing for more. It is an endless process of filling and filling and refilling our thirsty souls – over and over and over again. Why? Because ultimately we turn to all the wrong places in our attempt to quench our thirst, places that were never intended to fill the deepest longings of our soul – only God can do that."

Beginnings by Jim Branch

Debrief your experience

After practicing with this tool, debrief your experience with your Praxis Group. Below are some questions to process together:

- Check in on life. (Where are you experiencing Christ's presence this week? What burdens are you carrying?)
- What did you learn from this practice?
- Describe your experience with this practice. (What feelings came up, what went well, what got in the way? How has it impacted your relationship with God?)
- What is the next step for you?