
SELF-CONTROL

Practice Guide

PRACTICE 1 - FASTING

In its most basic form, Biblical fasting is the intentional abstaining from food for a spiritual purpose. As Christians, we intentionally face the pain of hunger and lack to direct our hearts towards God.

This is important. The spiritual practice of fasting always has a Godward direction. We can fast from food to spend intentional time in prayer, to remind ourselves in a physical way of our need for God to sustain us, or we can fast to commune with God in a deeper way.

One of the secondary benefits of fasting, however, is that it helps us learn to say “no” to ourselves. As we willingly exercise self-control in a voluntary area of our lives, it helps us grow in exercising self-control in others. Another way to say this is, fasting helps us strengthen our “say no to self” muscles.

As we cultivate the fruit of self control this week, fasting is a great practice for us to cultivate the ability to say “no” to our flesh and “yes” to God.

We have an entire guide to fasting on our website at [***citizenscharlotte.com/fasting-feasting***](https://citizenscharlotte.com/fasting-feasting).

On the site you will find step by step fasting instructions, various types of fasts you could do, Biblical encouragement for those of us who struggle with body dysmorphia or disordered eating, and practical tips for fasting alone, as a family, or with your Community Group.



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