

# Practice

## SESSION 01: TO OFFER OURSELVES TO JESUS

Transformation takes more than knowledge—it takes practice. Take a moment to consider what the Spirit is inviting you to do in response to what you’ve learned.

For the Fasting Practice, each session’s exercise will be very similar and straightforward: fast the most common way, one full day until sundown. Each session, we will attempt to focus our heart on the reason for fasting we covered in that session.

### 01 Fast until sundown one day this week, focusing on offering yourself to Jesus

- Pick a day that works for you. Wednesdays or Fridays are ideal if you want to get in touch with Christians around the world and throughout church history.
- If possible, pick a day to do this together as a community; this will help to encourage and enliven your weekly practice.
- Fast until sundown that day. Then, eat a simple meal in gratitude.

- If a full day is too much for your body or soul, start smaller. Skip breakfast and break the fast at lunch or 3 p.m. Remember: The goal is to make fasting a part of your regular life, not try it once or twice, hate it, and never try it again. Start where you are, not where you feel like you “should” be.
- In the time you’d normally be grocery shopping, cooking, eating, or cleaning, give yourself to prayer. Let your desire for food point you to Jesus as you open yourself to him.
- In your dedicated times of prayer, or each time a hunger pain comes, you may want to pray Romans 12v1-2, or simply, “God, I offer my body to you in worship. Please transform me.”
- As you go about your day — your morning commute, caregiving, email, errands — just enjoy God’s company and attempt to open your heart to him all through the day.

**Note:** Please modify as needed for health reasons, and also consider whether it would be supportive for you to meet with a therapist or doctor as you think about engaging in this practice. As a community, ask how you can support and include those who need to modify this practice.

## A few basic tips

- 01 Drink tons of water to stay hydrated (unless you choose to do a total fast, no food or water).
- 02 If you normally drink coffee to wake up, you may want to still have coffee to avoid a caffeine headache, but just have it black. Coffee is 99.9% water and will not keep your body from entering the fasting state.
- 03 The more time you can give to prayer and reflection, and the less busy you are that day, the better. Make it your goal to slow down the day you fast, and be present to your body, and God, as much as you possibly can. You may want to find a park on your lunch break or take a few short walks throughout your day. Give as much attention to God as is doable.
- 04 Resist the urge to judge your experience. Release thoughts like, “I liked it; I disliked it.” “I felt close to God; I didn’t feel close to God.” Just let the experience of fasting be what it is, and offer it to God in love.

Jot down your plan. Will you fast in community or by yourself? What day do you plan to fast?

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