

# FASTING

## HOW WE GROW: INVITATION FOR THE WEEK

Fast from food until sundown one day this week. You can either practice this discipline individually or within the context of one of your communities. These tips are adapted from John Mark Comer's fasting companion guide:

1. **Pick a day that works for you.** Try to choose a day that provides an opportunity for you to really slow down to connect with God.
2. **If possible, pick a day to do this together as a community.** This will help to encourage and enliven your practice. You can encourage one another, as you rely on the Spirit!
3. **Fast until sundown that day.** Then eat a simple meal in gratitude. Drink lots of water to stay hydrated, and drink coffee if you'd like, but just have it black. Coffee is 99.9% water and will not keep your body from entering the fasting state.
4. **If a full day is too much for your body or soul, start smaller.** Skip breakfast and break the fast at lunch or 3 pm. 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.
5. **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. 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 to God, as much as you possibly can.
6. **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.
7. **In your dedicated times of prayer, or each time a hunger pain comes, you may want to pray** Romans 12:1-2, or simply, "God, I offer my body to you in worship. Please transform me."
8. **As you go about your day, just enjoy God's company and attempt to open your heart to him all throughout the day.**
9. **Take time to reflect on the ways you experienced the Lord through this practice.**

**MAYFAIR CHURCH OF CHRIST**

# UNPLUGGING

## HOW WE GROW: INVITATION FOR THE WEEK

This is an alternative for those unable to fast from food.

1. So often, one of the biggest reasons we are unable to experience the Lord is because of the way our mind and our body is distracted. Unplugging is a physical way that we can intentionally release one of those attachments. Here are a couple ways you can practice this discipline:
  - a. As a family or community, declare a time of the day that is technology-free. Dinnertime or evening and nighttime is a great option. You might consider keeping the family's phone in a central location to help hold each other accountable.
  - b. Another option is a media fast—social media, television, streaming, or video games. Choose what you would like to give up for the week or for a day.
2. As you unplug, be intentional with your extra time as an opportunity to connect with God together and individually.
3. As you unplug, use the time you'd normally be using your cell phone or watching TV to give yourself to prayer. Let your desire for your device point you to Jesus as you open yourself to Him
4. In your dedicated times of prayer, or each time you want to look at your phone, you may want to pray Romans 12:1–2, or simply, "God, I offer my body and my mind to you in worship. Please transform me."
5. As you go about your day, just enjoy God's company and attempt to open your heart to him so He can transform you.