

## ***Inner Work Guidebook***

### **ACTIVITY: FASTING**

#### **Description and Detail of Activity**

##### **What is it?**

Fasting is a form of prayer which helps connect our soul and our body. It is a form of centering and grounding in our humanity. It is a traditional and transformative means of focusing on what is essential or real.

##### **Why do it?**

Fasting is a form of discipline which helps create healthy boundaries in all areas of our lives. Any type of fasting should flow from these questions:

- What am I really focusing on?
- What is out of balance in my life?
- Where am I unnecessarily indulging myself?
- What are my limitations?

##### **How to do it?**

Healthy fasting clarifies and humanizes our instinctual energies.

Look at context of your life. Where are some new and healthy boundaries?

Some possibilities:

- Fasting from gossip/malicious speech
- Fasting from compulsions (e.g. pornography)
- Fasting from food/drink from television, computer or other electronic distractions
- Fasting from overwork or mindless/excessive activity
- Fasting from bitterness and negativity

Fasting can awakening deeper meaning in our life and creating new patterns of thought and feeling. It is important to remember that it is the end, not the means, that really matters. Therefore, focus should be not on the minutiae of the fasting, but the goal of a more disciplined and gospel- center life.

##### **Suggested Resources for this Activity**

Elmer Towns, *Fasting for Spiritual Breakthrough*.

Ron Lagerquist, *Fasting to Freedom*.