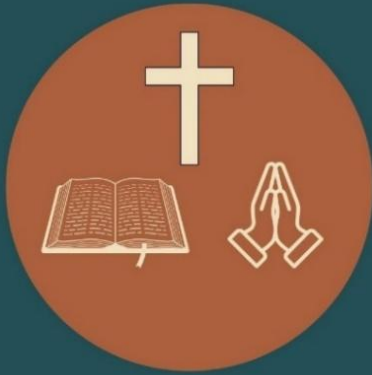


This week's Discipline



Fasting

Fasting is mentioned often in scripture and was ardently practiced by Christians through the centuries but is disregarded today. Yet fasting can bring breakthroughs in the spiritual realm that cannot happen any other way.

Try a 24-Hour Fast:

- Skip two consecutive meals.*
- Give the time that you would normally spend eating to God:
 - Take a quiet, worshipful walk
 - Read a chapter or book in your bible
 - Pray and meditate in a quiet place
 - Listen to gospel music or hymns
- Record anything new you learned from the experience.

*If you cannot fast from food for health reasons, try fasting from media. Turn off your phone for a day. Leave the TV off for a week.

Want more information about Fasting? Attend this week's Spiritual Discipline class on 10/8/25 from 7-8:30p in the Chapel.

Suggested Resources: *Celebration of Discipline*, Chapter 4 – Fasting by Richard J. Foster, *God's Chosen Fast* by Arthur Wallis, Matthew 6:16-18, 25-26, "Living Water", <https://lbt.org/audio-bible/>, by Lutheran Bible Translators.

Scan for more info on the class!



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