

# FASTING GUIDE

*through the fast of St. Mary*

## FASTING GUIDE

Here are the churches instructions for fasting. Please keep in mind fasting is as much a journey as your entire spiritual life is. You may aim to accomplish the churches instructions for the fast in its entirety or you may need to take steps if you are newer to fasting. Regardless, what we encourage you to do is simply CHALLENGE YOURSELF, take the next step in your fasting life and be sure to keep you mind on the goal, fasting is a tool to intimacy with Christ! You can always talk with your Father of Confession for guidance.

### PLANNING YOUR FAST

#### KEY THOUGHT:

I don't fast for God's sake, I fast for my sake

#### TIME FRAME:

St. Mary's Fast – Aug 7 – 22

#### DIETARY GUIDELINES:

During the St. Mary's fast the diet is vegan along with seafood.

#### ABSTINENCE:

The original tradition of the Church includes a period of abstinence (no eating or drinking). Originally, it was to begin at midnight and last through sunset (a strict fast) for most now, it is abstinence from midnight until noon (when Christ was placed on the cross) or until a certain time in the day the person can manage.

#### PIETY:

We know the Bible tells us to fast in private. One of the beautiful things the Orthodox church does is fast as a body. This is in part to encourage one another. An entire family endeavoring to do something has great potential for successful versus going it alone. In our challenge we'll be sharing for the purpose of encouragement, help and accountability.

#### IN ADDITION:

Consider areas of your life you may benefit from abstaining from (even a portion of the day) such as social media, Netflix, conversations with certain people, the news, dessert no matter if vegan, shopping. Consider whatever area you may feel has potential to become a preoccupation.