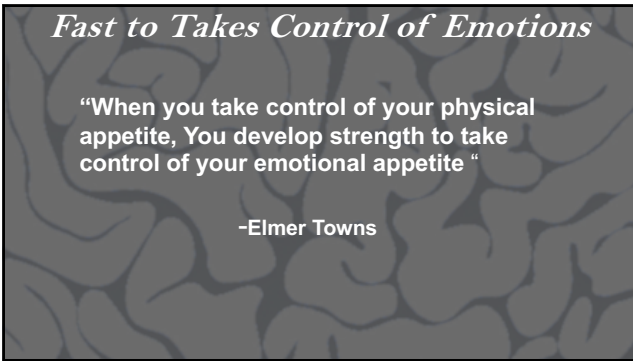
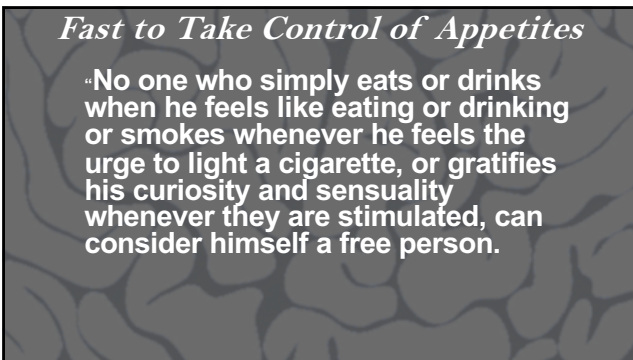




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Fast to Take Control of Appetites

He has renounced his spiritual freedom and become the servant of bodily impulse. Therefore his mind and his will are not fully his own. They are under the power of his appetites, and through the medium of his appetites they are under the control of those who gratify his appetites”

Thomas Merton

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Self Control

Self-control is the steady capacity to direct yourself to accomplish what you have chosen or decided to do and be, even though you "don't feel like it." Self-control means that you, with steady hand, do what you don't want to do (or what you want not to) when that is needed and do not do what you want to do (what you "feel like" doing) when that is needed.”

--Dallas Willard
Renovation of the Heart

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Spiritual Disciplines

Inward

Cultivate our heart and mind toward Christ

- Meditation
- Prayer
- Fasting
- Study

Outward

Cultivate our appetites toward the way of Christ

- Simplicity
- Solitude
- Submission

Corporate

Cultivate our affections toward the way of Christ

- Confession
- Guidance
- Celebration

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Types of Fasting

Normal Fast	Fast from food, drink liquids only
Absolute Fast	No food or liquids*** ***Not recommended
Partial Fast	Omit certain foods or eat on a limited schedule
Rotational Fast	Eating certain families of foods for designated periods

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Fasting Advice

1. End A Fast Gradually With Soups, Fruits and Vegetables
2. Coffee Drinkers Take Caution
3. Everyone Should Consider Fasting all types of media (TV, Video Games, Internet, Movies, etc)
4. Use The Time Gained By Not Eating to Read, Pray, Meditate, Praise
5. Join Our Break-fast Dinner and Prayer This Week

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