

September 14, 2025

## Experiencing God through Fasting and Enjoyment

### Fasting

*Voluntarily abstaining from food (or another good gift) for a time to seek God with greater focus. - Creates space for dependence on God rather than self-sufficiency. - Reveals misplaced attachments and reorders desires toward God.*

#### Ways to Practice:

- Skip one meal and spend that time in prayer or Scripture reading. - Fast from media, technology, or another distraction. - Begin with short fasts (sunrise to sunset) before trying longer ones. - Use hunger pangs as prompts to pray: “God, I need You more than bread.”

### Enjoyment

*Receiving God’s gifts (food, creation, relationships, beauty) with gratitude and delight. - Counters asceticism by affirming God as the giver of all good things. - Anchors joy in the Giver rather than the gifts.*

#### Ways to Practice:

- Share a meal with friends and thank God for both food and fellowship. - Savor small moments—sunrise, music, laughter—as acts of worship. - Celebrate milestones with intentional gratitude. - Practice “slow enjoyment”—eating slowly, listening fully, noticing beauty.

### Questions for Reflection

1. Where in my life do I need the discipline of fasting to loosen unhealthy attachments?
2. How can I practice enjoyment so that it deepens gratitude instead of fueling greed?
3. What balance of fasting and enjoyment would help me experience God more fully in this season?