**Fasting**

April 16 – May 25, 2001

The Pastors and Elders invite you to join in forty days of prayer and fasting during Lent.

 Fasting is a spiritual discipline of emptiness. Abstaining from a “normal” practice is one way of remembering our dependence on God. The extra space (emptiness) gives us opportunity to think about other “hungers” in life such as intimacy, justice or forgiveness.

Consider this an invitation to experiment, especially if you are not familiar with fasting. Be playful rather than legalistic. Try little steps if big steps are too much. These are some helpful hints:

* Drink fruit juices if you are concerned about blood sugar levels, or if your energy lags.
* Fast with a companion.
* When ending a fast, eat lightly at first. Give your stomach a chance to get started again. Fruits and vegetables are good options.
* If you have any questions about your medical situation, **DO NOT ATTEMPT FASTING WITHOUT CONSULTING YOUR PHYSICIAN!** Fasting is about spiritual discipline, not physical harm.

The greatest danger is not failure,

but remaining unchanged.

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