

Fasting is Essential

Psalm 35:13-But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom.

Fasting is essential to strengthen and improve the relationship with the Lord God.

Removing and eliminating all the unnecessaries in life occurs through fasting.

Exercising firm discipline in decision-making strengthens the fasting process.

Fervent prayer is the believer's intended and beneficial companion when fasting.

Illness and afflictions are specifically addressed through fervent prayer and fasting.

Isaiah 58:6-Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

God's Holy Church recognizes and preserves the deep and honorable roots of fasting.

The Church specifies periods of fasting during the course of the year for believers.

Serious believers make every effort to honor the fast periods set forth by the Church.

Benefits exist and continue to accumulate for believers fasting throughout earthly life.

Present day believers in God's Holy Church learn benefits of fasting from the saints.

Jeremiah 36:6-Therefore go thou, and read in the roll, which thou hast written from my mouth, the words of the LORD in the ears of the people in the LORD's house upon the fasting day: and also thou shalt read them in the ears of all Judah that come out of their cities.

Attentive believers will learn from the Lord God the wisdom and benefit of fasting.

Serious and consistent fasting enables the believer to address the needs of the soul.

The serious believer initiates fasting as a deliberate act of love to draw closer to God.

The unnecessary elements in life that inhibit Christian growth are set aside by fasting.

Bodily control through fasting keeps the focus on the journey to the Kingdom of God.

Daniel 9:3-And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:

The Holy Prophets serve as ancient references to increase knowledge about fasting.

The wisdom conveyed by the Holy Prophets is directly relevant for today's world.

Over the course of time the serious believer will mature in the practice of fasting.

Mature believers welcome and embrace fasting and do not view it as a hinderance.

The benefits and interest in fasting become internalized in the serious Christian life.

Joel 2:12-Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning:

Active believers willingly draw closer to the Lord God during the process of fasting.

Each Church Year is structured and balanced to include appropriate periods of fasting.

The Church calendar serves as a daily reminder and educates the attentive believer.

Much can be learned from the Church's calendar as a guide for leading earthly life.

Joy emanates from embracing and adhering to the Church teachings on fasting.

Holy Martyr Callinicus; Holy Martyr Seraphima. July 29/August 11, 2021.

Hidden Valley, Pennsylvania. Father Rodney Torbic