

The Nativity Fast

Mark 9:29- And he said unto them, This kind can come forth by nothing, but by prayer and fasting. (KJV)

The Nativity Fast comes each year in God's Holy Church for the believer's benefit. All believers benefit in the Church to the extent the Fast is faithfully honored.

Each person makes a voluntary decision as to the degree the fast is honored.

The believer benefits according to the effort put into honoring the Nativity Fast.

Appreciation for the Nativity Fast increases as the believer matures in Jesus Christ.

The value Jesus Christ ascribes to fasting is taken to heart among serious believers.

Serious believers maintain an abiding interest in drawing closer to Jesus Christ.

Fasting is a conscious action to improve the relationship with Jesus Christ.

By consciously fasting, believers put aside from life all that is not of Jesus Christ.

The Lord Jesus Christ serves as the ultimate authority on the benefit of fasting.

Luke 2:37-And she was a widow of about fourscore and four years, which departed not from the temple, but served God with fastings and prayers night and day. (KJV)

Fasting, prayer and almsgiving work together for the benefit of active believers.

From the time of Holy Baptism, believers are expected to mature in Jesus Christ.

Growth in Christ requires personal action and repentance from the believer.

All believers sin intentionally or otherwise and will benefit from repentance.

Repentance enables new beginnings in Christ due to Christ's love of the believer.

The Church provides the opportunities and fosters repentance among believers.

Parish priests encourage and guide believers through the experience of repentance.

Repentance and new beginnings in Christ often occur during the Nativity Fast.

The benefits of fasting are well documented in the records of God's Holy Church.

Proof of the benefits of fasting come to be realized from the believer's experience.

Acts 14:23- And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed. (KJV)

Believers preparing for the Feast of the Nativity of Christ are encouraged to repent.

The Church enriches the believer's heart, mind and soul during the Nativity Fast.

Personal self-examination during the Nativity Fast guides the believer to repent.

The believer's conscience is very informative about areas requiring repentance.

The world offers daily temptations and perils affecting the most serious believers.

Thank God for opportunities in the Church due to Christ's love and forgiveness.

Jesus Christ welcomes believers seeking to begin anew during the Nativity Fast.

The abounding love of Jesus Christ heals the believer's hurts and brokenness.

Believers experience immeasurable joy when seriously honoring the Nativity Fast.

Anticipation increases of the arrival of the Feast of the Nativity during the Fast.