

The Nativity Fast

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: (KJV)

The Nativity Fast is a wonderful opportunity to turn to the Lord with serious faith. The Fast is the Church's annual effort to prepare for the Feast of Christ's Nativity. Believers are to faithfully participate in the Fast in ways pleasing to the Lord. Vigorously fasting from sin is expected in preparing for the Feast of the Nativity. Carefully thinking about Jesus taking on human flesh greatly benefits the soul.

Zechariah 7:5-Speak unto all the people of the land, and to the priests, saying, When ye fasted and mourned in the fifth and seventh month, even those seventy years, did ye at all fast unto me, even to me? (KJV)

The Holy Prophets offer sound wisdom that remains relevant for today's world. Today's problematic world would benefit from heeding the Prophets' wisdom. Believers from past centuries were alienated from the Lord as also occurs today. The soul is nourished and benefits greatly when believers draw near to the Lord. Serious believers welcome the Fast as the time for the soul's renewal in faith.

Isaiah 58:4- Behold ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. (KJV).

The Nativity Fast has a transforming ripple effect across the wide-wide world. Believers alienated from God are transformed when they honor the Nativity Fast. Each believer benefits greatly from desiring to repent throughout earthly life. Participants in the Fast benefit themselves and others by taking the Fast seriously. Honoring the Fast through repentance results in wellness to the believer's soul.

Jeremiah 14:12-When they fast, I will not hear their cry, and when they offer burnt offering and an oblation, I will not accept them: but I will consume them by the sword, and by the famine, and by the pestilence. (KJV)

Parish priests welcome hearing believers' confessions during the Nativity Fast. Repentance is always voluntary and strongly encouraged during the Nativity Fast. Authentic repentance radically improves the course of the believer's earthly life. Repenting believers travel the road to the Heavenly Kingdom and Eternal Life. The journey to the Heavenly Kingdom and Eternal Life is begun at Holy Baptism.

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

The Holy Prophets offer time-tested wisdom for travelers to God's Kingdom. Serious believers look to the Holy Prophets for wisdom during life's journey. Believers utilizing the Prophets' wisdom are alert to constant perils to the soul. The world is filled with dangers to the soul and steady vigilance is necessary.

The Nativity Fast is a time for believers to reject sinful ways and welcome Christ.