







श्री श्री श्री गोरक्षनाथाय नमः  
श्री गोरक्ष पादुका





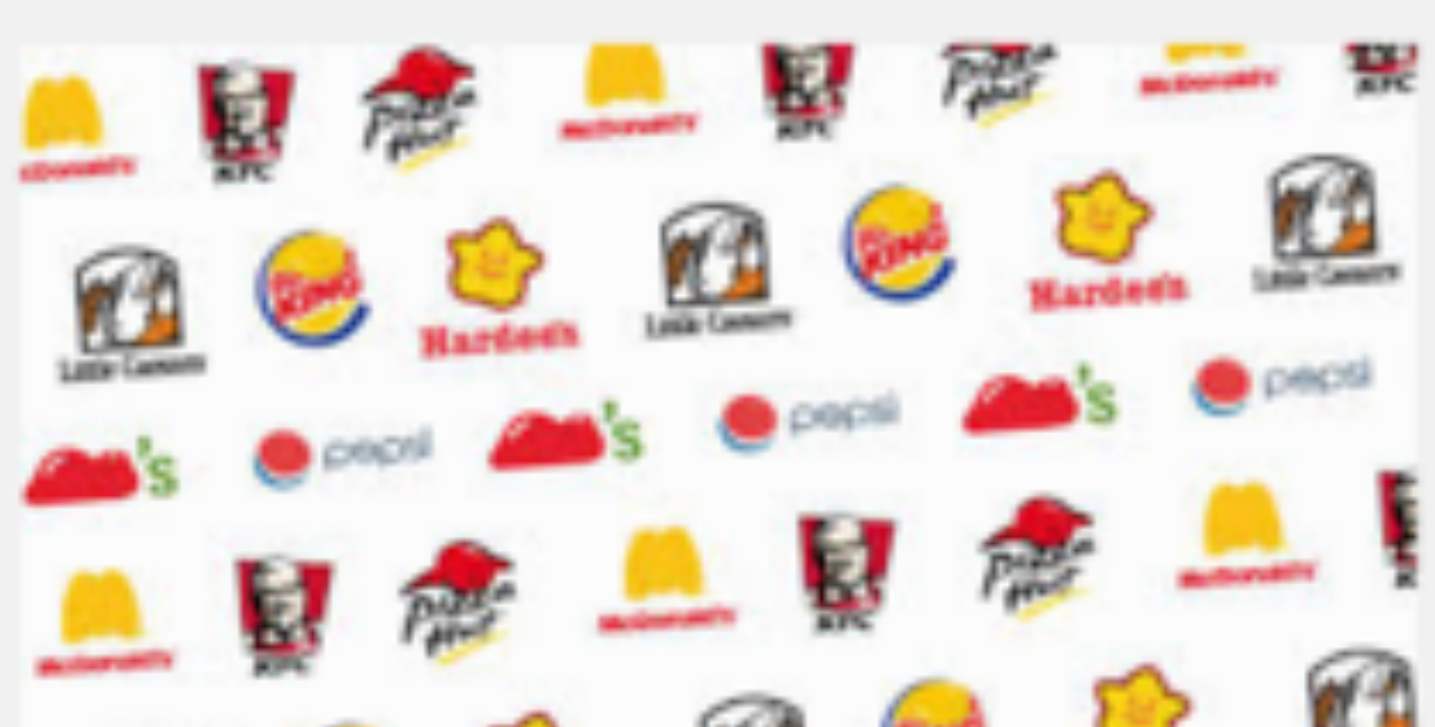
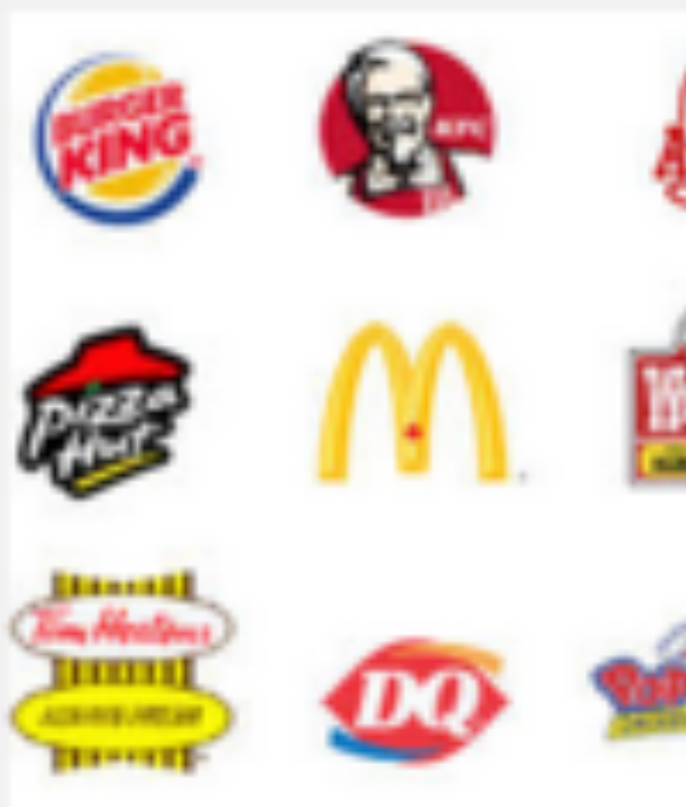














**Oh Hungry!**



Nestle®  
**Oh Henry!**

PEANUTTY • CARAMEL • FUDGE BAR IN MILK CHOCOLATE



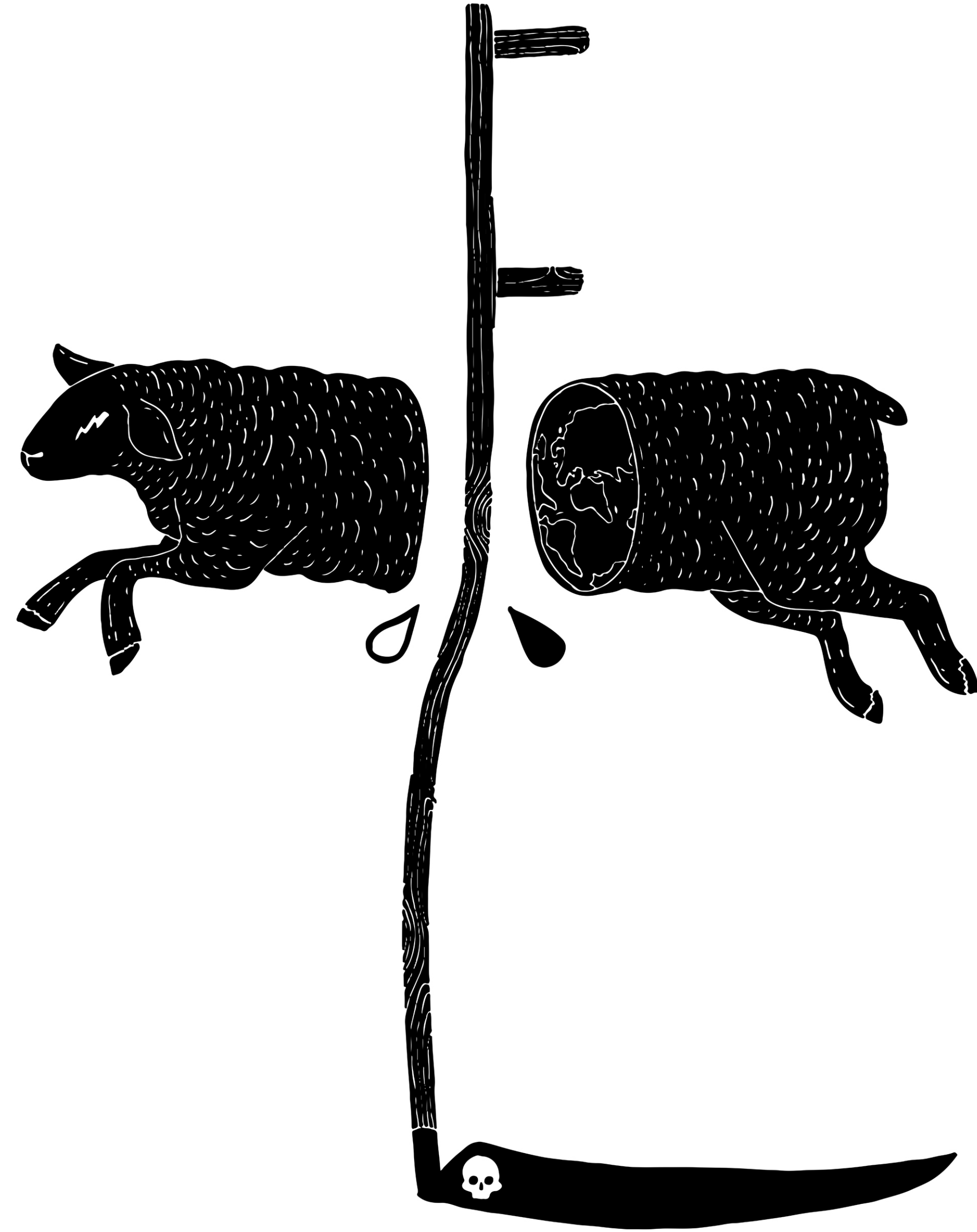
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*JESUS IS TEMPTED*



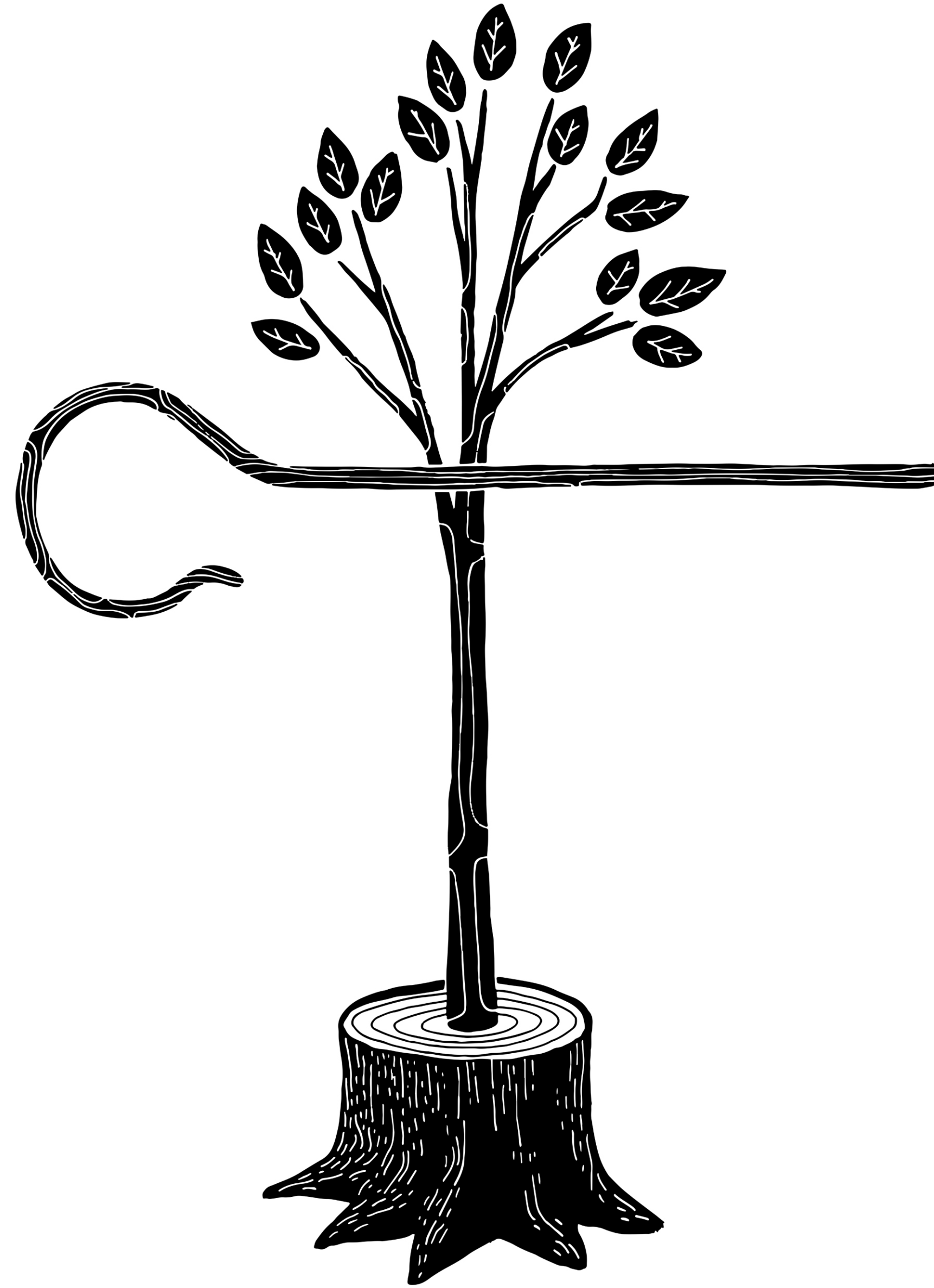
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*JESUS DIES*



*XII*



*JESUS RISES*



# WHY WE FAST

AN INVITATION TO FASTING & FEASTING

Good Friday > Resurrection Sunday













# WHAT DOES SCRIPTURE SAY ABOUT FASTING?

*“Jesus replied, “Do wedding guests mourn while celebrating with the groom? Of course not. But someday the groom will be taken away from them, and **then they will fast.**”*

*~ Matthew 9:15*





# HOW SHOULD WE APPROACH FASTING?

*“First, let it be done unto the Lord with our eye singly fixed on Him... Let our intention herein be this, and this alone, to glorify our Father in heaven.”*

*~John Wesley in When You Fast*







# WHAT HAPPENS WHEN WE FAST?

*“More than any other discipline, fasting reveals the things that control us... If pride controls us it will be revealed almost immediately... Anger, bitterness, jealousy, strife, fear – if they are within us they will surface during fasting.”*

*~Richard Foster in Celebration of Discipline (55)*





# WHAT HAPPENS WHEN WE FAST?

*“Food does not sustain us; God sustains us... in experiences of fasting we are not so much abstaining from food as we are feasting on the word of God. Fasting is feasting!”*

*~Richard Foster in Celebration of Discipline (55)*





# WHAT HAPPENS WHEN WE FAST?

*“When we are part of communities that value fasting, it helps us to build the expectation that seasons of emptiness and hunger are a natural part of the rhythm of life...”*

*~ Walter Thiessen in Glimpses of a Good Life (51)*



# FASTING & PRAYER





# HOW DO WE FAST?

- *Start small*
- *Be aware*
- *End slowly*





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