

Written by

Friday, 24 February 2012 11:09 - Last Updated Friday, 24 February 2012 11:37

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By [Bro. Robot Apit](#)

What kind of fasting is pleasing to God? Fasting can be done for a variety of reasons – to gain freedom from some bad habit, addiction, or vice, to share in the suffering of those who go without, or to grow in our hunger for God and for the things of heaven.

YAHWEH EL SHADDAI, thank you lord for teaching us to fast that we may continue to hunger for your power and presence in our lives for without you, we are nothing! In Jesus Name! Amen!

**M atthew 9:14-15** Then the disciples of John came to him, saying, "Why do we and the Pharisees fast, but your disciples do not fast?" (15) And Jesus said to them, "Can the wedding guests mourn as long as the bridegroom is with them? The days will come, when the bridegroom is taken away from them, and then they will fast.

### **Meditation by Don Schwager**

Are you hungry for God? Hungering for God and fasting for his kingdom go hand in hand. When asked why he and his disciples did not fast Jesus used the vivid picture of a wedding celebration. In Jesus' time the newly wed celebrated their honeymoon at home for a whole week with all the guests! This was a time of great feasting and celebrating.

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Jesus points to himself as the bridegroom and his disciples as the bridegroom's friends. He alludes to the fact that God takes delight in his people as a groom delights in his bride (Isaiah 62:5). To be in God's presence is pure delight and happiness. But Jesus also reminds his followers that there is a time for fasting and for humbling oneself in preparation for the coming of God's kingdom and for the return of the Messianic King.

The Lord's disciples must also bear the cross of affliction and purification. For the disciple there is both a time for rejoicing in the Lord's presence and celebrating his goodness and a time for seeking the Lord with humility, fasting, and mourning for sin. If we hunger for the Lord, he will not disappoint us. His grace draws us to his throne of mercy and favor. Do you seek the Lord with confident trust and allow his Holy Spirit to transform your life with his power and grace?

What kind of fasting is pleasing to God? Fasting can be done for a variety of reasons – to gain freedom from some bad habit, addiction, or vice, to share in the suffering of those who go without, or to grow in our hunger for God and for the things of heaven. Basil the Great wrote: "Take heed that you do not make fasting to consist only in abstinence from meats. True fasting is to refrain from vice. Shred to pieces all your unjust contracts. Pardon your neighbors. Forgive them their trespasses." Do you hunger to know God more, to grow in his holiness, and to live the abundant life of grace he offers you?

"Come Lord, work upon us, set us on fire and clasp us close, be fragrant to us, draw us to your loveliness, let us love, let us run to you." (Prayer of St. Augustine) # # #

**GOD BLESS US ALL!**

**O Theos Na Mas Evlogisi!**

**PRAY** as if everything depended on **HIM**. **ACT** as if everything depended on **YOU**. – **Bobot Apit**

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