

Jan 27-fasting 2012-01-27

Fasting is not just changing your diet, but your whole self

We have to make sure we control not only our food but our thoughts and feelings so that we not only fast physically but spirituality as well

Try to practice the life of repentance during fasts

Fast AND do good. Fasting by itself is weak. Feeding the poor and hungry etc is fasting.

Fast and read the bible. Make sure you accompany your fast with the bible.

Never underestimate the power of fasting.

Cut bad things out of your life. Any bad thoughts, habits or relationships.

Spiritual growth is gradual. Gradually learning how to fast. Sins and habits have to be cut sharply.

You have to grow spiritually first yourself in order to be able to help others do the same.

If I enjoy my spiritual life, it'll be easier to serve others.