

How to Fast

- Control your desires until you develop the ability to control your body, emotions and thoughts. The idea is to not only fast from food but, fast from evil thoughts and evil desires.
 - It is better to eat all types of meat with no desire than to eat lentils with desire.
- Offer true repentance to God, like the people of Nineveh.
- Pair your fasting with prayer. Fasting has no power without prayer.
- Pair your fasting with doing good. It's no point to fast and not to help others and do good to those you know, those you don't know, your friends and your enemies.
- Pair your fasting with contemplations in the Bible and the reasons for the fast.
- Pair your fasting with spiritual exercises to train yourself in Christian virtues.
- Don't be extreme in your fasting. Arrange your fasting habits with your father of confession.
- Always remember the power of fasting. Remember what God said, that this evil kind doesn't come out except with fasting and prayer. Here the Lord Jesus was giving us the way to defeat the devil in our life. St. Peter said that the devil is like a lion seeking whom he may devour, and the only way to overcome him is through true fasting and prayer.
- Benefits of Fasting
 - Train yourself to control the body's desires
 - It's the start of Spiritual road. By giving more time for spiritual activity and less time to physical needs.
 - It prepares oneself to grow in virtue.
 - Strengthens the will.