

# 40 Days Fuller

Sacred Sunday | *Day 33*



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## DISCOVER

Intermittent fasting is all the rage these days, and for good reason. There are many health benefits to fasting from food for a period of time. Fasting, however, has been practiced as a spiritual practice for thousands of years by almost all major religions. In the Christian tradition, the spiritual practice of fasting is typically combined with prayer. It involves abstaining from food and sometimes water in order to humble oneself before God, eliminate distractions and increase one's awareness of his or her dependence on God.

For most of us, food is easily acquired and overabundant. Most commercials on TV seem to be about food, and we are constantly bombarded with messages about eating and drinking. Most of the time, the food we reach for throughout the day is processed so we can get it fast and in a convenient package. The result is that food has become a major distraction to our inner voice and communion with God. We often medicate and soothe ourselves with food of low nutritional value.

The spiritual practice of fasting is a way of quieting down the distraction that food offers and to instead allow ourselves to tend to our inner world, and to our spiritual relationship with God. Other kinds of fasting may involve abstaining from anything that poses as a distraction: workaholism, substance abuse, over-training, news and media outlets. During the 40 Days Fuller guide, we have been practicing a weekly fast from social media on Sundays.

Today, think about your relationship with food and any other distractions that come between you and your spirit's needs. Choose a type of fast that will allow you to abstain from one of these distractions today.

## REFLECT / JOURNAL

When you eat, do you do so consciously or have you used it as a means for distraction, relief from boredom, or for numbing emotions? What other things or activities might have become a distraction from your inner spirit's needs?

What has it been like to fast from social media these past month? What kind of fast might you practice today?

## PRACTICE



Practice the daily cup ritual



Write "sacred" on your hand, post-it notes, or anywhere you are likely to see throughout the day.



Abstain from something that serves as a distraction from your spirit's needs for a few hours today.



Take a break from social media today.



Repeat a guided meditation of your choosing.

I pray because the need  
flows out of me all the  
time, waking or sleeping.  
It doesn't change God,  
it changes me.  
- C.S. Lewis