

DID YOU KNOW BY DEACON AL

FASTING CONTINUED

Christ, however, is the new Adam. At the beginning of his ministry, in the Gospel of Matthew, we read, "When He had fasted for 40 days and nights, He became hungry". Hunger is that state in which we realize our dependence on something else-when we face the ultimate question: "On what does my life depend?" Satan tempted both Adam and Christ, saying: "Eat, for your hunger is proof that you depend entirely on food." Adam believed and ate. Christ said, "Man does not live by bread alone." (Mt. 4:4, Lk. 4:4) This liberates us from total dependence on food, on matter, on the world. Thus, for Christians, fasting is the only means by which man recovers his true spiritual nature. In order for fasting to be effective, then, the spirit must be part of it. Christian fasting is not concerned with losing weight. It is a matter of prayer and spirit. And because of that, because it is truly a place of the spirit, true fasting may well lead to temptation, weakness, doubt, and irritation. It will be a real fight between good and evil, and very likely we shall fail many times in these battles. But the very discovery of the Christian life as "fight and effort" is an essential aspect of fasting.