

Fasting: Why? What? Who?
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Why do we fast?

What kind of fasting does God want?

Who are we focusing on as we fast?

Sometimes Lord,
it just seems to be too much:
 too much violence and too much fear;
 too much pressure and too many problems;
 too much disappointment and too much brokenness;
 too many distractions and too much greed;
 too much exhaustion and too much confusion.

Sometimes, Lord,
it just seems to be too much:
 too much darkness, Lord,
 too much cruelty
 and selfishness
 and indifference...

Or, is it too little Lord?

Sometimes, Lord,
is it in reality too little:
 too little of compassion;
 too little of dependence on you;
 too little courage,
 to do the next right thing;
 too little of music
 and laughter and celebration?

Oh God,
you are the nourishment we deeply desire for these starved times.
 We are all hungry for your gladness and hope and justice to increase,
 in us and through us,
 in your timing and in your way.

Oh Father, Son and Holy Spirit,
as we join you on mission and love as you have loved us,
 bring your light into the darkness
 lighten our burdens that we might relieve those around us,
 forgive us as we forgive.

Feed us what our souls need,
so that we may bless all those around us.

Truly the good life looks like your life Jesus.
Give us more of you, and less of us.

{Adapted from "Sometimes It Just Seems to Be Too Much" by Ted Loder}