

Richard Foster defines fasting as “the voluntary denial of a normal function for the sake of intense spiritual activity” in [Celebration of Discipline](#).

Read Isaiah 58 to see how God desires our fasting to be accompanied by acts of compassion and justice. Fasting in this way gives us an opportunity to intentionally break from a daily routine in order to free us from distraction and draw our attention to God and align ourselves with His heart.

There are many ways to partake in the discipline of fasting. You can embark on a food fast for a period of time, but be sure to drink fluids and remain healthy. The purpose of a fast is to abstain from something that might normally “fill” you or satisfy you so that you depend and rely on God’s presence instead. Another way to participate in fasting is to take broader perspective and intentionally “give up” something that distracts you from rich and deep time with the Lord. Some things that you can abstain from for a period of time include: specific types of food such as sweets, beverages such as coffee or soda, time on the computer, watching TV, shopping, a hobby or recreational pursuit, going out to eat, birthday or holiday gifts, use re-usable water bottle rather than buying bottled water, talking on the phone, beauty treatments.

Reflect on how many people in the world do not have access to the comforts that we take for granted. Use this time to talk to the Lord about His heart of compassion and justice and how He is prompting you to see the ways in which He has designed you to use your skills, talents, gifts, and resources to share the love of Christ through action.

Go deeper with *40 Days Toward Justice - A Call to Live*

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