

Why do we fast at Lent?

As continue to journey through this sacred season of Lent, we are invited to embrace fasting as a way to grow closer to God and deepen our spiritual lives. Fasting is not just about abstaining from food or comfort; it is about detaching from the things that distract us and making more room for God in our hearts. It is an act of discipline that helps us focus on the spiritual nourishment we need most — God's love and grace.

In the Bible, fasting is a way of humbling ourselves before God, of recognizing our dependence on Him for everything. Just as Jesus fasted for forty days in the desert, we are called to take time to refocus our priorities, clear away distractions, and reorient ourselves toward what truly matters. Fasting is an opportunity to acknowledge the areas of our lives where we may have become too attached to worldly things and to turn back to God in repentance and prayer.

Fasting during Lent is not just about giving up food or certain comforts; it's about making a conscious choice to let go of anything that keeps us from growing closer to Christ. Whether it's a favorite food, social media, or a particular habit, the act of fasting becomes a reminder that we can live without these things and that God alone is enough to satisfy our deepest desires. By fasting, we make space for God's grace to work in our hearts, and we align ourselves more closely with the suffering Christ endured for our sake.

Let us remember that the purpose of fasting is not to show off our self-discipline or to make ourselves feel worthy. Instead, it's a personal journey of humility and repentance, a way to open ourselves to God's transforming love. As we fast this Lent, let us do so with a spirit of prayer, asking God to purify our hearts, strengthen our faith, and help us grow in compassion for those who suffer.

May this season of fasting lead us to a deeper relationship with God and a more generous heart toward others. As we empty ourselves of the things that hold us back, may we be filled with His presence and love, ready to serve others and live out the hope and joy of Easter.