




KEEPING PACE

SETTING YOUR
SPIRITUAL STRIDE

A 6-Week Spiritual Tracker Journal
Christ United Methodist Church



Week 2: Fasting

"Some have exalted religious fasting
beyond all scriptures and reason;
and others have utterly
disregarded it."

-John Wesley



Reflect

Fasting | Week 2

John Wesley, the founder of Methodism, felt that fasting was one of the least understood disciplines of the church. Some, he said, were too focused on it, while others utterly neglected it. He believed that the value of the spiritual discipline of fasting lies between those extremes. He wrote that fasting was

“a means [of grace] which God himself has ordained, and in which therefore, when it is duly used, he will surely give us his blessing.”

Most people have some experience of fasting due to various medical procedures or blood tests that require this. In recent years fasting has also become a popular practice for health and fitness reasons. Except for “giving up things for Lent,” few Christians have much experience of fasting as a Spiritual discipline despite its prevalence in Scripture and its use by the faithful throughout Christian history. It is a largely untapped resource of spiritual growth.

Richard Foster says fasting reminds us that we are sustained by every word that proceeds from the mouth of God (Matt. 4:4). Food does not sustain us; God sustains us.” When done properly, with the right motivations, periodic fasting can lead to greater dependence upon God and give better clarity to hearing God’s voice in prayer.

Monday

Jesus replied, "Do wedding guests fast while celebrating with the groom? Of course not. They can't fast while the groom is with them. But someday the groom will be taken away from them, and then they will fast. - Mark 2:19-20

Stretching

What are the areas of growth I need to walk into today?

Hurdles

What are the obstacles that keep me from walking into this discipline today?



Wins

Where did I see God moving
in my life today?

Huddle

Prayers for today.

Tuesday

What good is fasting
when you keep on fighting and quarreling?
This kind of fasting will never
get you anywhere
with me. - Isaiah 58: 4

Stretching

What are the areas of growth
I need to walk into today?

Hurdles

What are the obstacles that
keep me from walking into this
discipline today?



Wins

Where did I see God moving
in my life today?

Huddle

Prayers for today.

Wednesday

The Lord will **guide you** continually,
giving you water when you are dry
and **restoring** your strength.

You will be like a **well-watered**
garden, like an ever-flowing spring."

- Isaiah 58:11

Stretching

What are the areas of growth
I need to walk into today?

Hurdles

What are the obstacles that
keep me from walking into this
discipline today?



Wins

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in my life today?

Huddle

Prayers for today.



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Wins

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Saturday

Because **he himself suffered** when
he was tempted, he is able to
help those who are being tempted.
- Hebrews 2:18

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Hurdles

What are the obstacles that
keep me from walking into this
discipline today?



Wins

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in my life today?

Huddle

Prayers for today.
