

“...when you fast,
do not be like
the hypocrites”

Matthew 6:16





Towards a Spiritual and Nourishing Great Fast

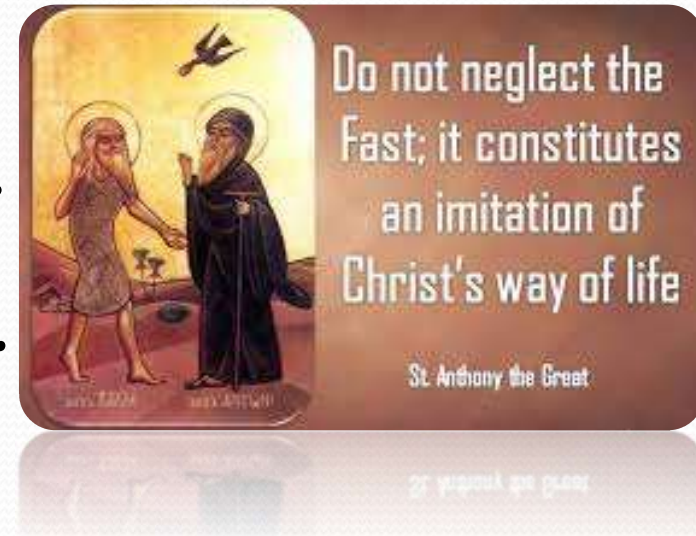
HIGHLIGHTS

1. Right Mindset
2. Dual Work
3. Consecration
4. Seriousness
5. According to the rules



I. RIGHT MINDSET ⁽¹⁾

- Fasting is a means, not a goal in itself.
- It's a spiritual work, not a kind of diet.
- It's a tool that help us to regain authority and control over ourselves.
- It's a fellowship with the Lord Christ and the Church.



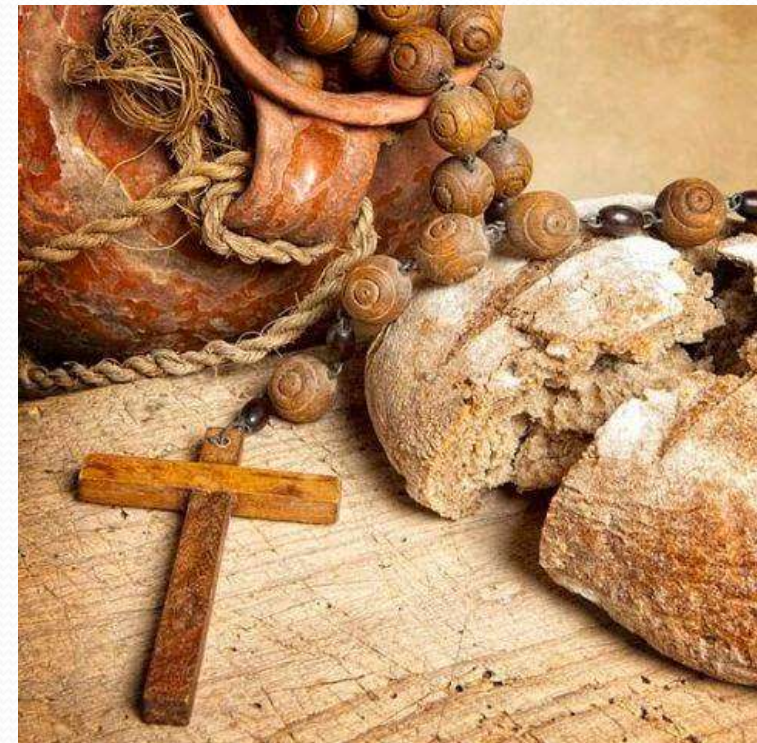
I. RIGHT MINDSET (2)

- Even though it's practiced outwardly, its success depends on the work inside each one of us.
- It's a ladder for our spiritual ascent, not a burden to rid ourselves from.



II. DUAL WORK ⁽¹⁾

- It's the culmination between the bodily part related to the diet and the spiritual part related to prayers in their multiple forms.
- The observance of the diet without the spiritual part is what makes the fast a burden.



II. DUAL WORK ⁽²⁾

- Changing our diet only is like a bird trying to fly with one wing or a piece of coal that is burned with no incense added.
- Repentance and confession as an essential part



III. THE CONSECRATION ⁽¹⁾

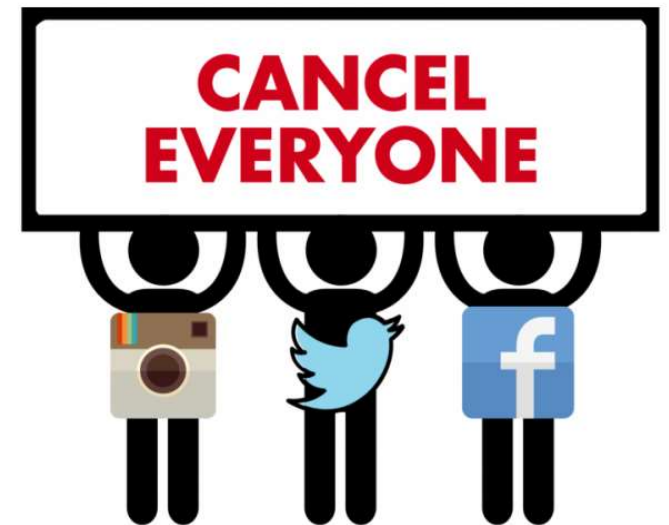
- For fasting to succeed, the atmosphere around the person should also be different.
- God's warning: "I cannot endure iniquity and the sacred meeting"

Isaiah 1:13



III. THE CONSECRATION ⁽²⁾

- Learning to undo the excessive attachment to the media or the improper entertainment
- The time spent in the inner room with a spiritual book or in examining oneself



IV. THE SERIOUSNESS ⁽¹⁾

- The consistency
- The observance of the thoughts, words, and actions.
- Avoiding not only the sin, but also the steps that lead to it.
- The continuity and quick corrections



IV. THE SERIOUSNESS (2)

- Cheating on fasting or taking breaks from it on my own makes the whole practice of no spiritual meaning and turns it into a self-deception tool.
- “... diligence is man’s precious possession” **Proverbs 12:27**



V. ACCORDING TO THE RULES ⁽¹⁾

- “And also if anyone competes in athletics, he is not crowned unless he competes according to the rules”

2 Timothy 2:5

- Abstinence is an essential part of the diet of the Great Fast.
- No dairy, fish, or any form of meat



V. ACCORDING TO THE RULES (2)

- The Agpeya prayers, midweek late liturgies and Tasbeha when possible
- The guidance of my spiritual father
- The spiritual readings

