

February 16, 2024

Daily Reflections

Journeying through Lent



Center for Spiritual Development

FASTING

By Sr. Jane DeLisle, CSJ

Today's Gospel

*The disciples of John approached Jesus and said,
“Why do we and the Pharisees fast much,
but your disciples do not fast?”
Jesus answered them, “Can the wedding guests mourn
as long as the bridegroom is with them?
The days will come when the bridegroom is taken away from them,
and then they will fast.”*

MATTHEW 9:14-15

Reflection

Lent is a time when the Church invites us to take on the discipline of fasting and abstinence. Every Friday of Lent is a day of abstinence and fasting as one is able.

More often fasting is from food, drink, or a favorite enjoyment like shopping, smoking, entertainment, or the like. When I was young, I fasted from sweets. The reward was wonderful, for the See's chocolate bunny on Easter morning was a spectacular treat.

Today, I consider a different kind of fasting that relates specifically to behaviors that may be problematic to full engagement in the spiritual journey. Going one step further, this discipline of fasting encourages me to replace destructive behavior with positive action that leads to life-giving patterns of behavior and a purification of motivation.

I am called to Fast From and Be Open To:

- **Fast from** negative self-talk.
 - **Be open to** humble, loving acceptance of myself and others.
- **Fast from** judgmental attitudes and behaviors toward others.
 - **Be open to** checking out assumptions and engaging the other with reverent curiosity.
- **Fast from** self-preoccupation or self-conscious concern.
 - **Be open to** a reliance on God to be the center of my life, and the Grace to be other-focused.
- **Fast from** blaming and complaining.
 - **Be open to** reflection on that which I find troubling and assume responsibility for my own behaviors and contribution to the problem at hand.
- **Fast from** the things that are hazardous to my health and well-being.
 - **Be open to** healthy behaviors that nourish and cultivate personal health.

By consciously engaging the personal discipline of fasting, I may catch a glimpse of the holiness to which I am called. God is my strength, my security, my life. I am invited to make space within my soul and awaken to all God desires for my holiness.



Petra, Jordan
Photo by Sr. Jane DeLisle, CSJ

For Pondering

- Reflect on the Fasting From and Be Open To statements above. To which are you attracted, and which do you resist? Why?
 - From what do you seek to be freed and to what do you desire to open yourself?
 - Pray for the grace to move to that which is life-giving.
-

For Prayer

*Teach me your ways, O God.
Please reveal to me the truth about myself
and gradually empty me
of all that stands in the way of following you more closely.
I ask that you, my God, open my heart and mind
to recognize your desire for me.
Through the discipline of fasting,
may I see more clearly what you invite me to surrender.*

*I pray for the grace to allow you to empty me and fill me
to live in your love and abiding presence.
Please show me how to make my home in you.
All is possible by your grace and with your blessing.
Amen.*

**If you enjoy reading our reflections and would like to make
a donation towards this ministry, click the button below!**

Support CSD



Visit Website

714-744-3172

Join Mailing
List



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street, Orange, CA 92868 714-744-3175

[Unsubscribe slongbotham@csjorange.org](mailto:slongbotham@csjorange.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by thecsd@csjorange.org