REASONS FOR EASTING

TO GROW IN SELF-MASTERY

It helps us learn to say
"no" to our apetites
and be free from what
we don't need.

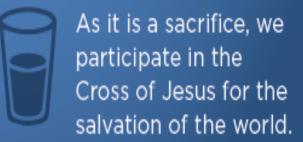
2 OBEDIENCE AND DISCERNMENT

It opens us up and allows us to let God and the Church tell us what is best for us.

WORSHIP AND SACRIFICE

Fasting is a sacrifice oriented towards worship of God and not ourselves.

TO BE CO-REDEEMERS WITH JESUS



SOURCE: VIDEO "4 REASONS FOR FASTING" By Fr. Mike Schmitz, Ascension presents youtube channel

