

4 REASONS FOR FASTING



1 TO GROW IN SELF-MASTERY



It helps us learn to say “no” to our appetites 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.

3 WORSHIP AND SACRIFICE



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

4 TO BE CO-REDEEMERS WITH JESUS



As it is a sacrifice, we participate in the Cross of Jesus for the salvation of the world.

SOURCE: VIDEO “4 REASONS FOR FASTING”
BY FR. MIKE SCHMITZ, ASCENSION PRESENTS YOUTUBE CHANNEL

