



# "ABIDING" PERMANENT PERSONAL FAST PROGRAM



**"Abide in me as I abide in you.** Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the branches. **Those who abide in me and I in them bear much fruit, because apart from me you can do nothing."** John 15, 4-5



People are willing to fast, but for various reasons such as lack of guidance and support, many fail in their attempts. There is an abundance of spiritual blessings and graces, along with health benefits that come from fasting.

Before you begin, it is good to pray and discern the intentions for which you will offer the fast. It can be offered in thanksgiving, to ask for a grace, to overcome some weakness, temptation or sin, etc.

## DETAILS:

- Intended for those desiring to grow in spiritual maturity and self denial by fasting 1x or 2x per week.
- We recommend FRIDAYS and/or WEDNESDAYS as the days to fast.
- The only exceptions would be on liturgical feast days, if traveling, or undergoing medical treatments.
- Discern the amount/type of fasting desired/needed: Full or Partial, etc.
- Consult your medical practitioner and/or spiritual adviser before you begin or as needed.
- Once you choose the fasting method - day(s) of the week, amount/type of fast, etc. **then commit to it.**
- Prayers, bible readings, documents from fathers of the Church along with supporting videos will be provided periodically to assist.
- It is highly encouraged to frequent the Sacraments of Holy Eucharist and Confession and the use of sacramentals.
- Periodic "in person" and virtual meetings will be held, including celebration of the Holy Eucharist at different parishes as a group to specifically intercede for each pastor and their community.
- Priests, deacons, religious brothers and sisters all welcome to join.
- Free will love offering.

TO SIGN UP VISIT THE CCRS OF MB WEBSITE:

[www.catholicrenewalservices.com](http://www.catholicrenewalservices.com)

**NOTE:** If you are not able to fast from food, because of age, health restrictions/reasons or chronic disease/medication, you may still join to journey with other members of the group by selecting to "give up" something in proportion to the fasting program. Please pray, consult your medical practitioner and/or spiritual adviser as applicable.

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