

FASTING

CONVERSION IN RELATION TO ONESELF

¹⁵ Do not love the world or the things in the world. If anyone loves the world, love for the Father is not in him. ¹⁶ For all that is in the world, the **lust of the flesh** and the **lust of the eyes** and the **pride of life**, is not of the Father but is of the world. ¹⁷ And the world passes away, and the lust of it; but he who does the will of God abides forever. (*1 John 2:15-17*)

Temptations of the world:

Lust of the Flesh

Lust of the Eyes

Pride of Life

Lust of the Flesh:

Has to do with how you live your body

Has to do with bodily appetites

Relation of Body and Soul

Are you your body?

Are you your soul?

What are you?

¹ Filled with the holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert ² for forty days, to be tempted by the devil. He ate nothing during those days, and when they were over he was hungry. ³ The devil said to him, "If you are the Son of God, command this stone to become bread." ⁴ Jesus answered him, "It is written, 'One does not live by bread alone.'" (*Luke 4:1-4*)

Appetites

Things we want for our body:

Pursue pleasure

Avoid pain

Going after good things:

Food

Drink

Physical intimacy

Rest

We have to ask:

How much?

When?

In what context?

With whom?

BUT THESE THINGS AREN'T ALWAYS GOOD FOR US.

FASTING keeps us from being attached to them

CCC 377 The "mastery" over the world that God offered man from the beginning was realized above all within man himself: mastery of self. The first man was unimpaired and ordered in his whole being because he was free from the triple concupiscence (see note 254) that subjugates him to the pleasures of the senses, covetousness for earthly goods, and self-assertion, contrary to the dictates of reason.

Good Thing	Appetite	Sin	Fast from pleasure	Fast from avoidance of pain	Jesus says
Food	Hunger	Gluttony	Very little food – forgo the pleasure of food	Very little food – experience hunger	“I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst.” (Jn 6:35)
			Smaller portions	Smaller portions	
			No meat	Eat something healthy that you don’t like	
			No dairy, etc.	Eat liver, etc.	
Drink	Thirst	Drunkenness	Drink only water	Experience thirst	“whoever drinks of the water that I shall give him will never thirst; the water that I shall give him will become in him a spring of water welling up to eternal life.” (Jn 4:14)
			No alcoholic beverages	Smaller portions	
			No Dr. Pepper, etc.	Drink something healthy that you don’t like	
Physical intimacy	Sexuality	Adultery	Abstinence	Mortification of the body	“This is my body which is given for you.” (Lk 22:19)
		Fornication		Physical exercise	
		Masturbation		Make your body uncomfortable	
		Contraception			
		Sterilization			
		IVF, etc.			
		Immodest eyes	Custody of the eyes		
Pornography					
Rest, sleep, recreation, etc.	Rest	Laziness, Sloth, (Over-work)	Get off the phone	Sleep less	“Come to me, all who labor and are heavy laden, and I will give you rest.” (Mt 11:28)
			Get off the internet	Wake up and pray during the night	
			Turn off the TV	Sit in an uncomfortable chair	
			Quit texting	Set an uncomfortable temperature	
			Don’t take a nap	Kneel when you pray	
			Etc.	Etc.	