

St Mildred's Church Fast

There will be various activities during our week of prayer (see the separate booklet for full details).

From the Friday night to the Saturday evening of the Prayer Week (16th-17th October) we will be inviting (but not expecting) people to join in with a St Mildred's Church Fast alongside our prayers. This would involve going without food (but not drink) for that time period. As explained in church on 21st September (the sermon is available for download on the website), fasting has always been practiced in the church and Jesus taught about it. There were three main reasons (and sometimes a combination of these reasons) for fasting: for confession of sin; mourning of circumstances; and seeking the Lord for help and provision. We think it would be appropriate to invite people to fast as we seek the Lord during our week of prayer. The Fast will be broken by a simple meal on the Saturday evening.

If a full fast of food is too much for you, or inadvisable for you (and there can be many reasons why fasting may not be right for a particular person), you could consider a different form of fasting. For example: eating only plain food, or going without something you regularly eat, or giving up something other than food that is a regular habit (TV, phone, ipad etc.). Maybe our children could join in with the Fast in this way! No-one will be asking any questions of people about whether they are fasting. It is entirely voluntary and whether it is right for you is something to decide prayerfully before the Lord, taking into consideration your own particular circumstances. Please do not ignore medical advice if that is relevant for you.