

Fasting to Love

Fr. Al Demos

During Lent we hear so many references concerning the topic of fasting. All too often we have a tendency to focus only on food...is it an animal product, does it contain oil, is it olive oil or vegetable oil, can you chew gum if it contains horse hoof materials...on and on to the point where one might become somewhat Pharisaic. And in that food focus, we often forget that the real, true fast is from sin...from words, thoughts and deeds that are not conducive to a Christ-centered life. Certainly fasting aids in our spiritual growth, as well as our health. And even more so, fasting from sin enhances our spiritual growth and our health as well. We find we have a lighter, clearer mind, somewhat more alert and aware, a lighter, freer feeling in knowing that we are growing in our struggle to follow in the way of our Lord.

We become more aware of our true unworthiness before God and wonder at the magnanimous love that God pours out upon us in spite of our weaknesses. We begin to understand more and more how magnificently, immeasurably infinite beyond magnificence is this wondrous God Whom we worship, love and adore. We realize that our fasting is an expression of our love for God and a challenge to ourselves to enhance that love each and every day of our life.