

# FASTING

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Coming home from primary school, hungry as he was, Jason told his mother he wanted cake. Since Mommies know what's best for their children, she gave him a healthy sandwich instead. As Jason was munching his snack, he noticed that his mother was not eating with him, like other days.

Concerned, he asked, 'Mom, why aren't you having food?' His Mommy replied, 'I'm on a fast, Jason and won't be eating for a little while.' Not understanding how someone could resist food, 'Why do you need to fast, Mom?' enquired the curious Jason, adding 'And you're not even unhappy about it!'

Mother came close, sat next to him and said, 'Fasting disciplines the spirit, Son. St Paul tells us that man is made of spirit, soul and body. Some people fast for their body - to lose weight, become

better and may even boost brain activity. But as Christians, the Bible teaches that when we fast, we learn to overcome our desires and we get stronger spiritually. We learn to say no to things which we want but are not necessary or which may be sinful. We have also read about Jesus fasting. Jesus tells us that when we fast we should not make sad faces and try to gain

people's appreciation, but offer it to our Heavenly Father, who will reward us.'

Jason understood that fasting is rewarding and it means more than just skipping a meal. He exclaimed 'I want to fast too!' Mommy replied, 'Yes Son, you can fast when you are able to. But since you are a child, you can abstain - stay away from the food that you like the most and offer it as a sacrifice to God.'

Jason said, 'Yes Ma, I will try and abstain from cake and chocolates in the coming days and will try not to eat it regularly.' His mother smiled and happily praised God.

So dear child of God, would you like to make your spirit strong too? Would you like to abstain from something that you crave and offer it as a sacrifice to God?

Our Heavenly Father will reward you for it! ◦

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slim and look thin. Even doctors advise a bit of fasting sometimes to overcome certain diseases. It also helps the body function

