



## Day 13 | Live It | Fast From & Fast For

In today's One Percent Prayer, Pete invites you to live out today's prayer by fasting *from* a good *for* the good of another.

To fast is to voluntarily give up something good. Christians fast in order to build our self-discipline "virtue muscles" and to offer up these small sacrifices to God for the good of our neighbor. For example, during the season of Lent, many Catholics choose to fast from a meal, while praying for and giving the money they would have spent to the poor through Catholic Relief Services' Rice Bowl. Pete gave the example of his friend who fasted every Wednesday for his future wife.

Note that fasting is not the same as giving up a sin, or something that is bad for us or others. Sin damages our relationship with God and others, and we strive to rid ourselves of sin at all times in order to grow in love. If you are struggling with a sinful habit that you can't seem to break, ask Jesus to help you break free. Through the Sacrament of Reconciliation God gives you grace to help you overcome it.

### Fast from

**What is a *good* that you can choose to temporarily discipline yourself by giving up today?**

Some people choose to fast from things like a favorite food or drink, TV, music, or another luxury in our daily life.

### Fast for

**Who is a person who is struggling right now that you can pray for today and offer up the sacrifice of your fast for their needs?**

Ask Jesus to help you to think of someone who is suffering or in need of healing today. Pray for this person and tell God that you are offering up your fast for them and their needs.