

Financial Fasting

Some demons can be cast out only through prayer and fasting. It's a teaching on the power of temporary, voluntary self-denial to energize us and focus our intention.



I relearned this recently when I began fasting once a week for a specific prayer concern. Though I envisioned enduring hours of hunger pangs, I was pleasantly surprised to miss the food only a little. I actually felt strong and centered.

By doing without I learned how little of what I consume I actually need for nutrition. I saw the incessant nibbling and snacking arose out of pure habit, and not real hunger.

As an experiment, I expanded this to my consumer life, setting aside "financial fasting" days when I would simply buy nothing. When there arose an everyday need or want that would normally send me to the store for something I thought I needed for a recipe, a cup of coffee or soft drink while "on the road," or just to "stop by" any store for whatever – I resisted. I put the brake on impulse buying. The lesson? A good chunk of the money I spend is just frittered away on junk I don't really need, or even really want.

At the end of the financial fast, I felt focused, more powerful and in control of my spending. Some demons can be cast out only with prayer and fasting. For stewards, maybe financial fasting is a way to cast out the demon of over consumption.

PS There are no health risks to "financial fasting."
-Rob Blezard, Stewardship of Life Institute

Want to more fully explore the meaning of "Stewardship?"



Call your
Synod Office

Financial Fasting

Some demons can be cast out only through prayer and fasting. It's a teaching on the power of temporary, voluntary self-denial to energize us and focus our intention.



I relearned this recently when I began fasting once a week for a specific prayer concern. Though I envisioned enduring hours of hunger pangs, I was pleasantly surprised to miss the food only a little. I actually felt strong and centered.

By doing without I learned how little of what I consume I actually need for nutrition. I saw the incessant nibbling and snacking arose out of pure habit, and not real hunger.

As an experiment, I expanded this to my consumer life, setting aside "financial fasting" days when I would simply buy nothing. When there arose an everyday need or want that would normally send me to the store for something I thought I needed for a recipe, a cup of coffee or soft drink while "on the road," or just to "stop by" any store for whatever – I resisted. I put the brake on impulse buying. The lesson? A good chunk of the money I spend is just frittered away on junk I don't really need, or even really want.

At the end of the financial fast, I felt focused, more powerful and in control of my spending. Some demons can be cast out only with prayer and fasting. For stewards, maybe financial fasting is a way to cast out the demon of over consumption.

PS There are no health risks to "financial fasting."
-Rob Blezard, Stewardship of Life Institute

Want to more fully explore the meaning of "Stewardship?"



Call your
Synod Office

Financial Fasting

Some demons can be cast out only through prayer and fasting. It's a teaching on the power of temporary, voluntary self-denial to energize us and focus our intention.



I relearned this recently when I began fasting once a week for a specific prayer concern. Though I envisioned enduring hours of hunger pangs, I was pleasantly surprised to miss the food only a little. I actually felt strong and centered.

By doing without I learned how little of what I consume I actually need for nutrition. I saw the incessant nibbling and snacking arose out of pure habit, and not real hunger.

As an experiment, I expanded this to my consumer life, setting aside "financial fasting" days when I would simply buy nothing. When there arose an everyday need or want that would normally send me to the store for something I thought I needed for a recipe, a cup of coffee or soft drink while "on the road," or just to "stop by" any store for whatever – I resisted. I put the brake on impulse buying. The lesson? A good chunk of the money I spend is just frittered away on junk I don't really need, or even really want.

At the end of the financial fast, I felt focused, more powerful and in control of my spending. Some demons can be cast out only with prayer and fasting. For stewards, maybe financial fasting is a way to cast out the demon of over consumption.

PS There are no health risks to "financial fasting."
-Rob Blezard, Stewardship of Life Institute

Want to more fully explore the meaning of "Stewardship?"



Call your
Synod Office