

# 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?"*



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