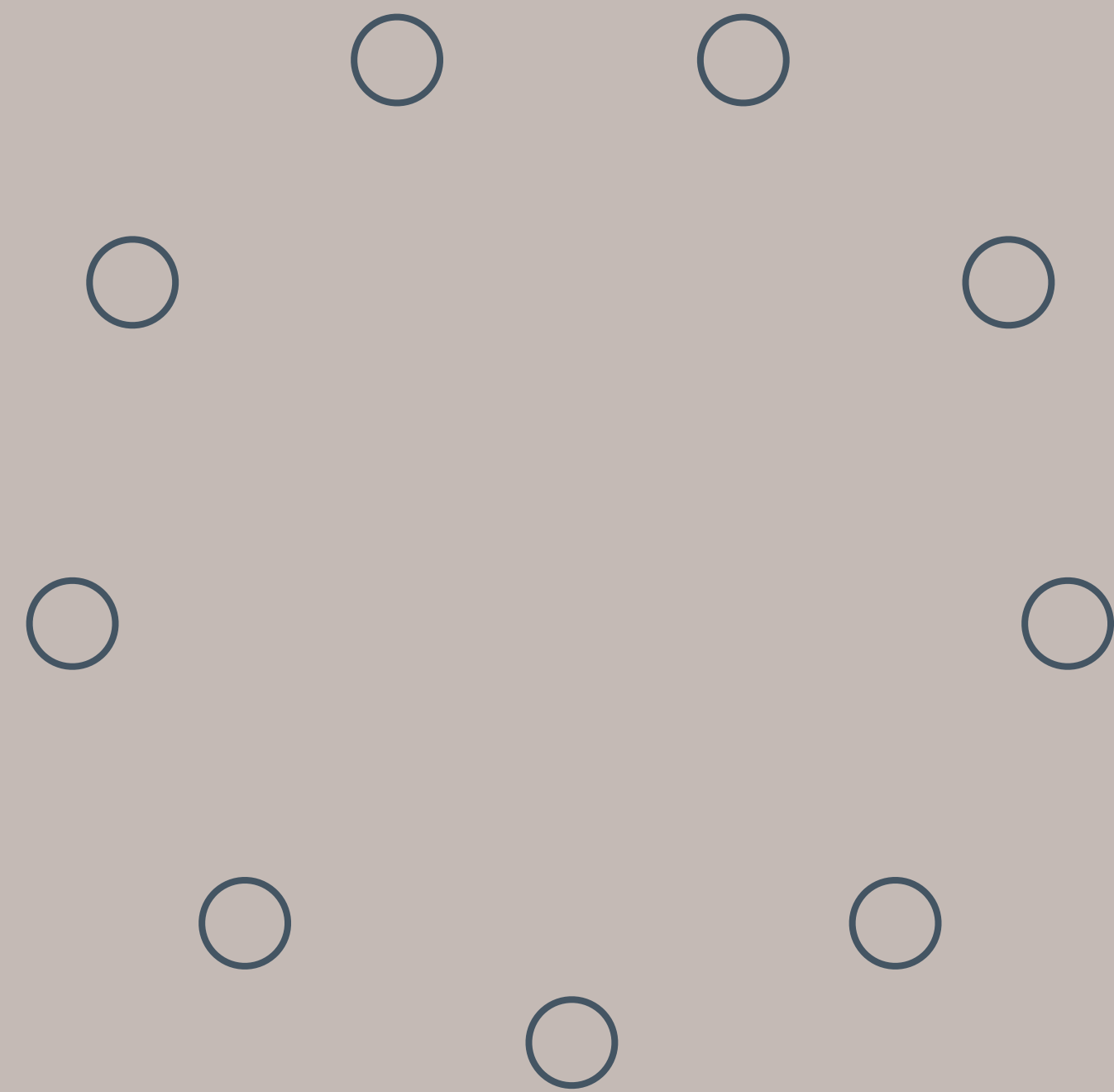




Practising the Way



Fasting | Part Four

3.5 billion people
worldwide (44% of global
population) live in poverty:
less than \$6.85 a day

700 million people
worldwide (8.5% of global
population) live in extreme
poverty: less than \$2.15 a day



GLOBAL POVERTY*

* World Bank Poverty, Prosperity & Planet report 2024



21% of people live in
Relative low income/
Relative poverty

18% of people live in
Absolute low income/
Absolute poverty



UK POVERTY*

* DWP, Households Below Average Income, 2023/24



UK wastes nearly 10 million tonnes of food per year~
22% of all food purchased is thrown out

£17 billion worth of edible food wasted, costing average household of four £1,000 per year, and individuals £2650 per year

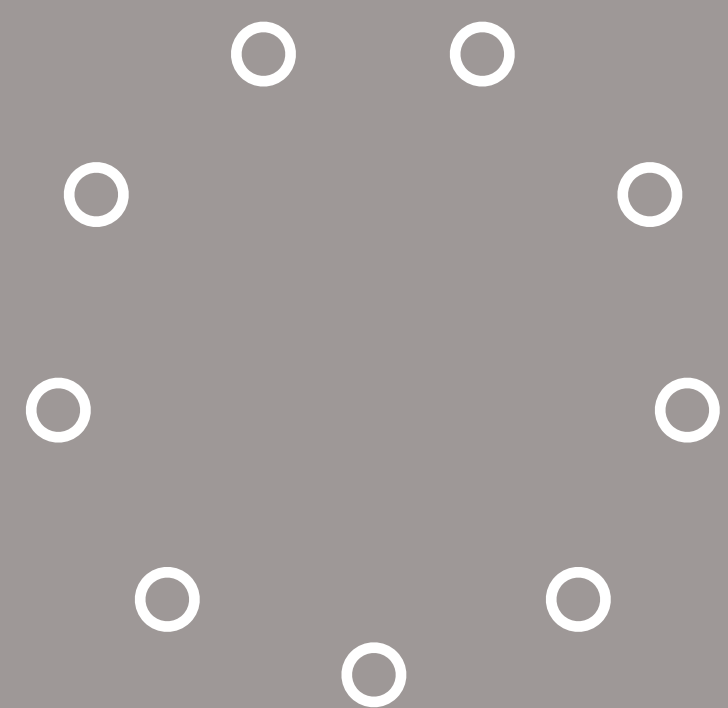


UK FOOD WASTAGE*

* WRAP [Waste and Resources Action Programme] 2022



Fasting | Part Four



To Stand with the Poor





ISAIAH
58:3a

“‘Why have we fasted,’ they say,
‘and you have not seen it?
Why have we humbled ourselves,
and you have not noticed?’”



ISAIAH
58:3b—5

“Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarrelling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one’s head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord?”



ISAIAH

58:6—7

“Is not this the kind of fasting I have chosen:
to loose the chains of injustice
and untie the cords of the yoke,
to set the oppressed free and break every yoke?
Is it not to share your food with the hungry
and to provide the poor wanderer with shelter
— when you see the naked, to clothe them,
and not to turn away
from your own flesh and blood?”



ISAIAH

58:8—9a

“Then your light will break forth like the dawn, and your healing will quickly appear;

then your righteousness will go before you, and the glory of the Lord will be your rear guard.

Then you will call, and the Lord will answer; you will cry for help, and he will say: here am I.”

Fasting should be tied to helping the poor



“...estimate the cost of the food you would have eaten on that day and give that amount to a widow or orphan or someone in need. Be humble in this way, that the one who receives something because of your humility may fill his soul and pray to the Lord for you.” Shepherd of Hermas

Fasting should
b e t i e d t o
helping the poor



“Give to the hungry
what you deny your
own appetite.”

Gregory of Nyssa

Fasting should be tied to helping the poor



“Let us fast in such a way that we lavish our lunches upon the poor, so that we may not store up in our purses what we intended to eat, but rather in the stomachs of the poor.”

Caesarius of Arles

Fast

Fasting should be tied to helping the poor

01_FASTING HELPS US STAND IN SOLIDARITY WITH THE HUNGRY

- Puts us emotionally in touch with the poor
- Denial of stomach affects the heart



Fast

Fasting should be tied to helping the poor

02_FASTING HELPS US SHARE WHAT WE HAVE

- What we don't spend of food due to fasting can be given to the poor
- Helps us love with actions not just words



Fast

Fasting should be tied to helping the poor

03_FASTING ENABLES US TO STAND AGAINST EVIL AND INJUSTICE

- Fasting can be a loving, non-violent way to protest systemic injustice
- Fasting prepares us for spiritual warfare



Fasting has the potential to transform our relationship...

