

When You Fast: Unlocking the Sacramental Character of Fasting

In the realm of spiritual practices, fasting stands as a time-honored tradition that has been embraced by countless individuals throughout history. Beyond mere abstinence from food, fasting is a profound act that transcends physical nourishment, reaching into the depths of our being. It is a sacred practice that has the power to transform our relationship with ourselves, with God, and with the world around us.



When You Fast: The Sacramental Character of Fasting

by Alfred L. Horowitz

★★★★★ 5 out of 5

Language : English
File size : 2419 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 184 pages
Lending : Enabled



In his thought-provoking book, "When You Fast: The Sacramental Character of Fasting," author Fr. Thomas Dubay delves into the rich tapestry of fasting, exploring its multifaceted significance and transformative power. Dubay presents fasting not merely as a dietary restriction but as a profound spiritual sacrament, a sacred act that connects us to the divine and opens us to profound spiritual growth.

The Historical and Biblical Foundations of Fasting

Fasting has deep roots in both human history and religious traditions. It appears in ancient cultures across the globe, practiced as a means of purification, penance, and connection with the divine. In the biblical tradition, fasting is woven into the very fabric of faith.

Dubay traces the biblical narrative, highlighting key instances of fasting, from Moses' forty-day fast on Mount Sinai to Jesus' extended wilderness fast at the outset of his ministry. He illuminates the purpose and significance of these biblical fasts, showing how they reveal the transformative power of this spiritual practice.

The Sacramental Character of Fasting

At the heart of Fr. Dubay's book is the exploration of fasting's sacramental character. He argues that fasting, when practiced with the right intention and understanding, becomes a sacred act that mirrors the sacramental nature of baptism and the Eucharist.

Like baptism, fasting initiates us into a new way of being, inviting us to die to our old selves and rise to a renewed life in Christ. As with the Eucharist, fasting nourishes our spiritual life, deepening our connection with God and strengthening our spiritual foundation.

The Transformative Power of Fasting

The transformative power of fasting extends beyond mere physical benefits. It has the capacity to purify our minds, heal our bodies, and awaken our souls. Through fasting, we cultivate self-discipline, learn to control our desires, and develop a deeper appreciation for the true nature of our being.

Dubay examines the psychological, physiological, and spiritual effects of fasting, drawing from both scientific research and the wisdom of spiritual traditions. He demonstrates how fasting can promote mental clarity, reduce inflammation, and enhance overall well-being.

Practical Guidance for Fasting

"When You Fast" not only provides a comprehensive exploration of the sacramental character of fasting but also offers practical guidance for those seeking to incorporate this practice into their own spiritual journey.

Dubay outlines different types of fasts and provides helpful tips for preparing for and breaking fasts. He addresses common misconceptions and challenges associated with fasting, guiding readers towards a balanced and fruitful approach.

Fr. Thomas Dubay's "When You Fast: The Sacramental Character of Fasting" is an invaluable resource for anyone seeking to deepen their understanding and practice of fasting. Through his insightful exploration of its historical, biblical, and spiritual foundations, Dubay reveals the profound transformative power of this sacred act and invites us to embrace it as a transformative force in our own lives.

As we journey through life, may we find inspiration in the wisdom and guidance offered in this book, and may we discover the transformative power of fasting as we seek to grow in our spiritual journey and draw closer to God.

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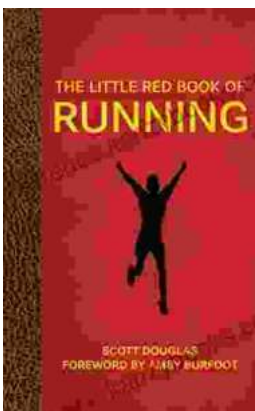


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In Contro Scatti Di Epilessia Author: Elisa Serafini Publisher: Postcart Edizioni Publication Date: 2019 ...



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