

From Feasting to Fasting

Our culture is accustomed to feasting—feasting on what we can consume on social media, feasting on doing and getting what we want, feasting on food, feasting on the material things that we can get in a split second, feasting on success, efficiency, and comfort—you name it. Yet this season of loss and disruption and of quieting our souls offers another way of living—an opportunity to lean in to the loss of comfort, teach our souls to do without what we crave, and let our true hope in Christ push us to radically serve those he has made us responsible for.

Scripture References

[Matthew 6:16-18](#)

[Galatians 6:9-10](#)

[1 Timothy 5:8](#)

[Luke 19:27-29](#)

[Matthew 4:2](#)

[Jonah 3](#)

[Acts 13:1-3](#)

Application

1. Since studying [Psalm 131](#) last week, what have you done to quiet and calm your soul? What changes have you made or do you still need to make?
2. What were you feasting on before this pandemic that has been taken away (does not have to be food)? Has fasting been a regular spiritual practice for you or is this a new concept? What thoughts do you have about leaning into fasting instead of feasting?
You can read our article on fasting [here](#).
3. The Bible gives us two categories for who to serve—family (both spiritual and natural) and your neighbor (your friend, enemy, and the stranger you have not met). Who are you *responsible* for serving right now? How are you living your life with an openness to whoever God might bring?
4. With just those few people in mind from question #3, how can you serve them best during this time?

Key Points

- Quieting our souls (Psalm 131) through fasting teaches our souls to do without what we crave, to take a posture of humility that acknowledges we need God more than food, and to recognize that this world is not our home and the things we need are not to be found here.
- “Do for one what you wish you could do for everyone.” -Andy Stanley
- We are called to serve our family (spiritual and natural) and our neighbor (friend, enemy, and the stranger that you have never met).
- The only lasting thing we can give anyone is hope that Jesus provides.
- Confidence that Jesus is going to take care of us allows us to not just be focused on having to take care of ourselves.

Our pastoral and ministry staff is engaging with our community and mobilizing our resources to serve in this rapidly changing environment. Your generosity allows us to not only care for the immediate and present needs in our community but also to prepare and plan for the impact this will have on the most vulnerable, even beyond the end of the COVID-19 crisis. If you would like to give above and beyond your normal gift to Grace, we have created a special fund called the COVID-19 relief fund. Consider contributing [here](#).