Habits of the Heart: *Doing the Stuff* #5
The Disciplines of Detachment: Fasting and Simplicity

**Today:**
One of the things you may choose to do is meditate on detachment.

To meditate or pray through a Bible passage on fasting, see John 6:48-58.
To meditate or pray through a Bible passage on simplicity, see Matthew 6:25-33.

Remember the following “First Steps in Simplicity” given in the workshop:

- Do I have some possessions that complicate my life but don’t really bring me any enjoyment?
- What are some things that do bring me enjoyment but may not be worth the cost in time, money, and concern?
- Do I buy things I don’t need, won’t use, or can’t afford?
- What do I really need, and what do I merely want?
- Am I consuming more than my fair share of the resources available?
- What am I doing to help those who are less fortunate than myself? Is there some of my surplus that could benefit those with less?

Prayerfully consider which of these will help you in your life right now to fight the two “prime sins” of gluttony and avarice (greed). Are you being led specifically to fast (voluntarily abstain from any good thing for the sake of God)? Are you being led to give away some specific possessions?

**Weekly Activity 1:**
If you have never fasted before, begin by fasting for just a couple meals. (i.e. Breakfast to breakfast) During this time only consume fruit juice and water. Make sure you spend time seeking God’s speaking to you during your time of fasting.

**Activity 2:**
Follow up on your meditation above by eliminating from your life something that you know complicates your life.

Share some of your thoughts and observations in the reaction space provided on this site.