



Feast While Fasting

A QUICK GUIDE TO MORE MINDFUL SACRIFICE

The ultimate goal of fasting is to help each one of us
to make a complete gift of self to God.

[Pope Emeritus Benedict XVI]

Spiritual Purposes for Fasting

(according to St. Thomas Aquinas)

- + To restrain the desires of the flesh
- + To raise the mind to contemplate sublime things
- + To make satisfaction for our sins

Physical Benefits of Fasting

- + Reduces inflammation
- + Supports immune health
- + Allows for digestive rest
- + Recalibrates hunger signals
- + Stimulates cell regeneration

FAST FROM

- + Comparison
- + Scrolling
- + Distraction
- + Non-essential spending
- + Constant noise
- + Self-interest

FEAST ON

- + Gratitude
- + Mindfulness
- + Presence
- + Generosity
- + Silence
- + Relationship

For more information, visit:
templeandtable.com
fertilityscienceinstitute.org

