

Tips and tricks about fasting



Do you fast? Then feed the hungry, give drink to the thirsty, visit the sick, do not forget the imprisoned, have pity on the tortured, comfort those who grieve and who weep, be merciful, humble, kind, calm, patient, sympathetic, forgiving, reverent, truthful and pious, so that God might accept your fasting and might plentifully grant you the fruits of repentance.

This is because if we watch carefully we shall often find a bitter joke played on us by the demons. For when we are full they stir us up to compunction, and when we are fasting they harden our heart so that, being deceived by spurious tears, we may give ourselves up to indulgence which is the mother of passions. We must not listen to them but rather do the opposite.

Based on Saint John Chrysostom, Saint John of the Ladder
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