

FASTING

Fasting, which has deep roots in many religious traditions, is meant to draw participants into deeper prayer and also link them with those in need. This day of Fast and prayer for peace in South Sudan and RD Congo, is a Lent practice and an occasion to recognize the difference between healthy relationships and an unhealthy ones that captivate our freedom and our self-mastering.

Fast can make us free of our own selves and be more conscious of others needs.

May our fast help to reduce in unfair differences between our life and those in South Sudan and Congo and help us to feel in solidarity with them, even with small details

Here some suggestions, to think about your own fast :

In our food , "We don't fast to feel good, but to remind ourselves that half the world goes to bed hungry," adding that it's a way of reminding us "we are our brother's keeper.". Fast can be not to waste, to eat less, to eat common food, without exquisite items, bearing in mind those who have nothing, break some of our habits,

With my shopping

Renounce to a wish, or caprice I don't need or even to something I think I need Reflect on how do I use all of the gifts God has put before me to strengthen my faith, to live it more fully in the world?

In our media

"If we're using media in an addictive way, or it's really, really time consuming to the point where we're neglecting real-life relationships, it can help to put our life back in balance, and to think about other realities.

In my words, renouncing to light judgements, and spreading awareness of the difficult situation of people in RD Congo and South Sudan



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