

## Week 10<sup>th</sup> – 14<sup>th</sup> March: Fasting & Giving

This week we reflect on Ramadan and Lent and the practice of fasting and giving in our spiritual traditions. Our weekly quotes reflect this significant theme.

### *Wisdom from Spiritual Traditions*

Is not this the fast that I choose: to loose the bonds of injustice, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? (Isaiah 58:6)

When the month of Ramadan starts, the gates of heaven are opened, and the gates of hell are closed and the devils are chained. (hadith al-Bukhari)

To practice forgiveness is the true fast, good conduct and contentment. (Guru Granth Sahib)

### *Reflection & Prayer*

O God,  
we are not to hunger for bread alone  
but to see right prevail  
so that every person may be fed.  
Teach us, in these days,  
to be grateful for the gift of food  
and give us hearts to be generous  
in serving others  
that all may enjoy life in its fulness. Amen.

Fasting & Giving: 10 <sup>th</sup> – 14 <sup>th</sup> March 2025	
Monday	Perhaps the greatest hindrance to our work is our own imagined strength; and in fasting we learn what poor, weak creatures we are-dependent on a meal of meat for the little strength which we are so apt to lean upon.  -- Hudson Taylor
Tuesday	What the eyes are for the outer world, fasts are for the inner.  -- Mahatma Gandhi
Wednesday	A fast is not a hunger strike. Fasting submits to God's commands. A hunger strike makes God submit to our demands.  -- Edwin Louis Cole
Thursday	Fasting blinds the body in order to open the eyes of your soul.  -- Rumi
Friday	There is an unseen sweetness in the stomach's emptiness... When the brain and the belly burn from fasting, every moment a new song rises out of the fire. The mists clear, and a new vitality makes you spring up the steps before you.  -- Rumi