



Diocese of Toledo ***Ephesians 5 Fasting Team***

“Therefore, be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us...”
Ephesians 5:1-2

➤ Why Fasting?

1. As imitators of God, Jesus Christ, we fast because he fasted. – Matthew 4:2
2. Jesus expects us, as his disciples, to fast as well. – Matthew 6:16-18
3. We can fast to ask for God’s intervention. – 2 Samuel 12:15-17
4. Some demons can only be cast out by prayer *and fasting*. – Mark 9:29

➤ Why now?

Any attack on human dignity and on the human person is an attack on the image and likeness of God (Genesis 1:27). Today in our world, we see increasing attacks on the dignity of the human person from abortion, to assisted suicide to human trafficking. We need a response that fits the nature of this attack, for “our struggle is not against enemies of blood and flesh, but against... the spiritual forces of evil” (Ephesians 6:12). To unleash the spiritual power of the Holy Spirit in our lives we must turn to this spiritual weapon to protect life against the spiritual forces which seek to destroy it.

➤ How?

The first Wednesday of every month we will fast. We will fast for a particular cause or person. The invitation to fast and for what cause will be emailed to you the first Tuesday of every month by Peter Range, Respect Life Program Coordinator of the Diocese of Toledo.

Let us therefore discover anew the humility and the courage to pray and fast so that power from on high will break down the walls of lies and deceit: the walls which conceal from the sight of so many of our brothers and sisters the evil of practices and laws which are hostile to life.” - Pope John Paul II

Through fasting and praying, we allow Him to come and satisfy the deepest hunger that we experience in the depths of our being: the hunger and thirst for God. - Pope Benedict XVI

Fasting helps us to train the heart to essentiality and sharing. It is a sign of awareness and responsibility in the face of injustices, abuses, especially towards the poor and the little ones, and is a sign of our trust in God and His providence. – Pope Francis

For more information or to sign up for the Ephesians 5 Fasting Team contact Respect Life Program Coordinator Peter Range at: prange@toledodiocese.org or at 419-244-6711, ext. 220. Cell: 440-821-1533.