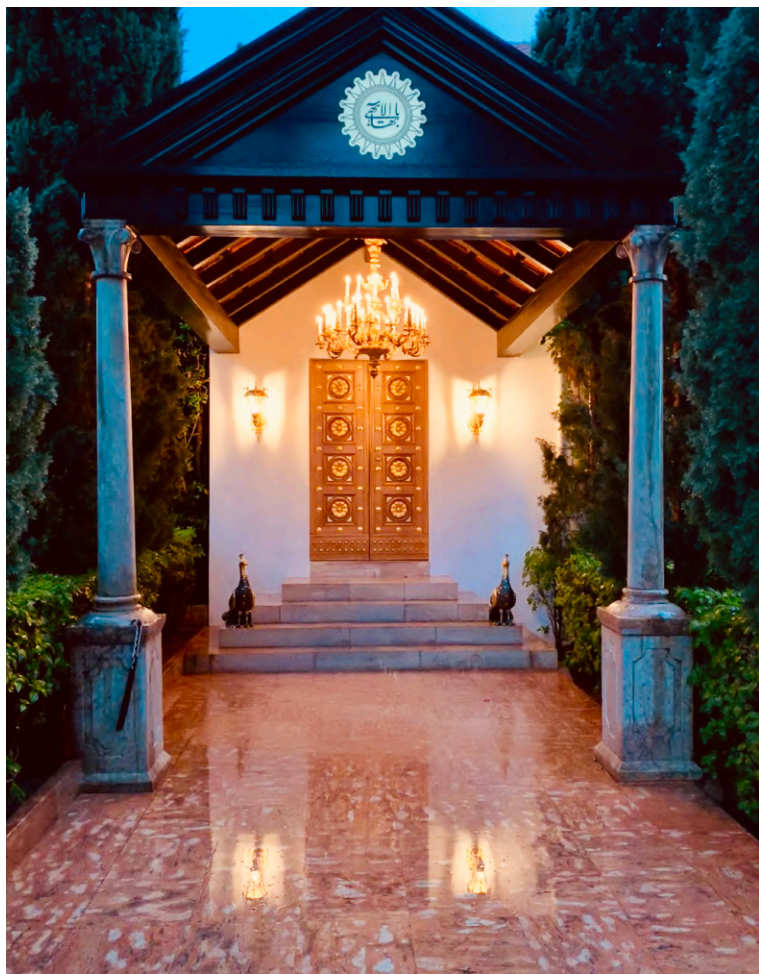




There is many a divine wisdom in fasting. Among them is this: that, in the days when He Who is the Dayspring of the Sun of Truth engages, through divine inspiration, in revealing the verses of God, in establishing His religion, and in setting forth His teachings, He is so enraptured and enkindled as to find no time for food or drink... Our meaning is that it has been enjoined upon the generality of the people to fast likewise for a few days, that they might follow the example of the divine Manifestations and call to mind Their state and condition.

~ 'Abdu'l-Bahá

©www.simplestrandoflove.com



Fasting is “essentially a period of meditation and prayer, of spiritual recuperation, during which the believer must strive to make the necessary readjustments in his inner life, and to refresh and reinvigorate the spiritual forces latent in his soul. Its significance and purpose are, therefore, fundamentally spiritual in character.”

~ Shoghi Effendi

©www.simplestrandoflove.com



Fasting is conducive to spiritual awareness. One's heart grows more tender, one's spirituality is increased, and as a result one's thoughts become purely focused on the remembrance of God. Such awareness and awakening leads inexorably to spiritual progress.

~'Abdu'l-Bahá

©www.simplestrandoflove.com



There are two kinds of fast: material and spiritual. The material fast consists in abstaining from food and drink, that is, refraining from satisfying the physical appetites. But the true and spiritual fast is for man to forsake covetous desires, heedlessness, and evil and animalistic attributes. The material fast is therefore a symbol of that spiritual fast. It is like saying: "O Divine Providence! As I am abstaining from bodily desires and from all occupation with food and drink, even so purify and sanctify my heart from the love of anyone save Thyself, and shield and protect my soul from corrupt inclinations and satanic qualities, that my spirit may commune with the breaths of holiness and fast from the mention of all else besides Thee.

~ Abdu'l-Bahá

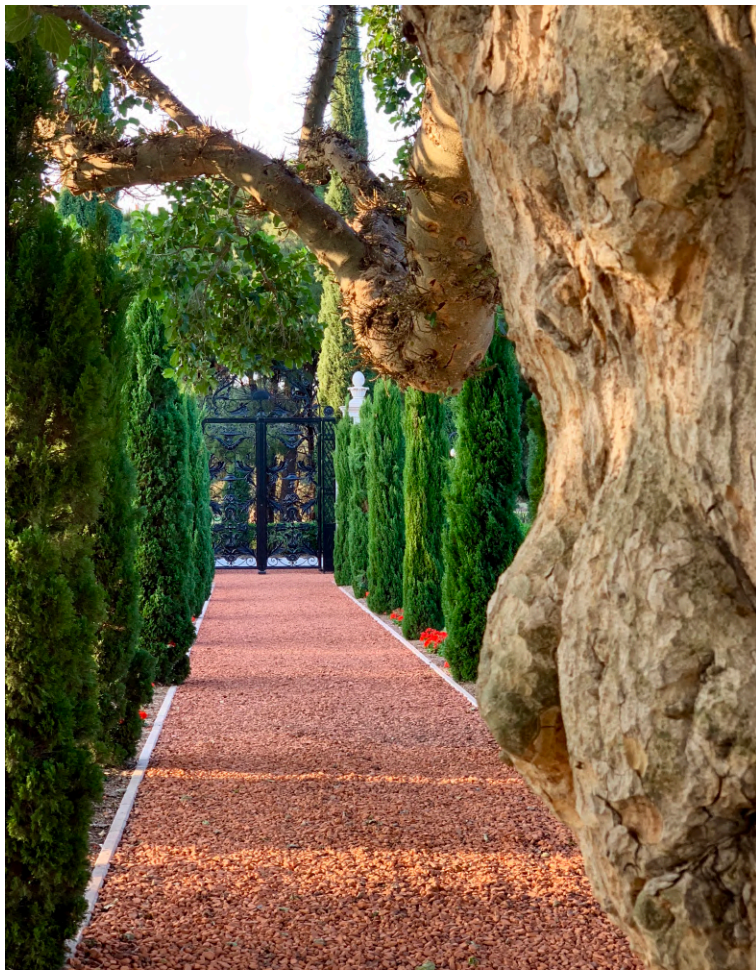
©www.simplestrandoflove.com



Fasting and obligatory prayer are as two wings to man's life. Blessed be the one who soareth with their aid in the heaven of the love of God, the Lord of all worlds.

~ Bahá'u'lláh

©www.simplestrandoflove.com



Obligatory prayer and fasting produce awareness and awakening in man, and are conducive to his protection and preservation from tests.

~'Abdu'l-Bahá

©www.simplestrandoflove.com



We have ordained obligatory prayer and fasting so that all may by these means draw nigh unto God, the Most Powerful, the Well-Beloved.

~ Bahá'u'lláh

©www.simplestrandoflove.com



Verily, I say, fasting is the supreme remedy and the most great healing for the disease of self and passion.

~ Bahá'u'lláh

©www.simplestrandoflove.com