




# GUIDE TO FASTING



## FRIDAYS OF LENT:

March 7, March 14, March 21, March 28, April 4, April 11,  
Good Friday April 18

### RULES FOR FASTING & ABSTINENCE



Catholics between the ages of eighteen and fifty-nine are required to fast and abstain from meat (fish is permitted) on Ash Wednesday and Good Friday. Catholics over fourteen should abstain on all Fridays in Lent.

Ash Wednesday and Good Friday, we should not only abstain from all meat, but also fast by limiting ourselves to one meal for the entire day.



The law of fasting allows only one full meal a day, but does not prohibit taking some food in the morning and evening, observing—as far as quantity and quality are concerned approved local custom.

### TIPS FOR FASTING

**Start Slow:** If you're new to fasting, begin with small steps like skipping one meal.

**Stay Hydrated:** Drink plenty of water throughout the fasting period to stay healthy.

**Choose Wisely:** Opt for nutritious foods when breaking your fast to nourish your body.

**Pray and Reflect:** Use fasting as a time for prayer, self-examination, and drawing closer to God.

### BENEFITS OF FASTING

**Spiritual Growth:** Fasting can deepen our spiritual connection and focus during Lent.

**Self-Discipline:** The Catechism of the Catholic Church explains that fasting “helps us acquire mastery over our instincts and freedom of heart” (2043). Fasting teaches self-control and strengthens our willpower.

**Solidarity:** Fasting in solidarity with others fosters empathy and compassion.

### EXCEPTIONS TO FASTING

Those with health conditions, pregnant or nursing women, and the elderly are exempt from fasting requirements.

If fasting poses a risk to your health or well-being, you are not obligated to fast.