

## FASTING IN FASHION

When some think of fasting, they think of stripping themselves of all things to appear to be in all humility. Contrary to popular belief this is not true. Here is what God calls us to do,

**Matthew 6:17-18** King James Version (KJV)

<sup>17</sup> But thou, when thou fastest, anoint thine head, and wash thy face;

<sup>18</sup> That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

Now that we understand that fasting in secret can also mean we can fast in fashion here are 4 easy steps.

**Step One:** No ashy faces and chapped lips here! Keep your daily skin care routine making sure your skin is clean and clear and your lips moisturized. Using an oiled based lip balm and body butter will ensure the ash stays away!

**Step Two:** Keep your daily body cleansing routine. No one wants to smell that you are fasting either. Proper hygiene is key, I mean we are Princesses right!?! Our foremothers fasted often and for many days, even then you only read reports of sweet smells and of their beauty.

**Step Three:** Wrapped or unwrapped tame your mane. Not every hair has to be perfectly laid but it shouldn't be fashioned after a bird's nest either. So, if it is a bad hair day wrap your wool beautifully and if it is out, make sure that it is presentable in all its glory.

**Step Four:** We all know how some of our forefathers and foremothers fasted in sack clothes to humble themselves before the lord, however those times were different. The Most High knew we would eventually be in a place where vanity would be a struggle. So, still dress in your modest attire, to include your jewels (if you are into jewelry) or however you would normally dress, just as long as you are not appearing to be fasting.

Fasting In Fashion is only a small statement but looking at the above scripture deeper we understand that we can maintain our daily routines while afflicting our souls. This is a true display of discipline by maintaining your fast and your daily routines to also include prayer. Now, how beautiful it is to ask in secret to then be rewarded outwardly, Most High & Christ Bless!