

*Is not this the fast that I choose: to loose the bonds of injustice...Is it not to share your bread with the hungry?*

—Isaiah 58:6-7a

Fridays are hungry days. Most weeks I fast after dinner on Thursday until dinner on Friday. I fast because I practice a rule of life that requires it. I've found no better practice to remind me of the suffering of those who are hungry and my need to live within the limits of simplicity. Fasting is a way of making room—room for God, space to help us understand the cravings that drive us to want more than enough.

When time allows it, I bake bread on my hungry Fridays. I use a recipe that will require my time and attention for the whole day and yields two loaves. With one loaf I break my fast, savoring the flavors of this sacramental food. I give away the second loaf to a neighbor, a friend or to someone in need. This practice serves as a reminder that there is always enough if we live within our limits. By going hungry for one day each week, I can make room in my life to answer Isaiah's call to fast. In hungering in solidarity and sharing bread with the hungry, I feel a partnership in God's work of loosening the bonds of injustice.

—Ragan Sutterfield