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BIBL 111  
Professor Brian Moody

24 Hour Food & Media Fast

I started this fast during class on Thursday the 29th. Because I grew up in the church, I have done many different fast’s, whether that be the Daniel fast, 3 day fast, media, etc. Every time I get reminded not only how hard it is, but also how much I rely on food & Media to get me through the day. Because of my job and online classes, the only time I used computer/screens was to work on those, it was extremely tempting to pull out my phone and scroll through Instagram or open up YouTube. There where multiple times where I found myself doing this without thinking, if I had the opportunity to set my phone down and leave it, that would have made things a ton easier. However, I am relying on my phone for my email system that doesn’t work on the computer.

The first couple hours are always the easiest, I was able to get my mind off food and just work, about 4 hours into it is when I find it gets the hardest, from hour 4 until hour 8. Those are the times when I am tested the most with food, Instagram, YouTube, etc. During these times that was around noon till 4:30 I was working on a computer. The temptation to scroll through social media was overwhelming and multiple times I found myself turning on my phone to use it. After I left work at 4:30 it was relatively easy, just hung out with roommates in the apartments. Because it was a Thursday night, late that night I decided to eat without thinking about the fast, so around 1:30 am I grabbed a snack, halfway into it I realized and threw it away.

During this fast, my prayer was for peace during this semester and the school year, I was also praying for God’s direction in my life for practicum and job. Overall this fast was beneficial for my spiritual life and something I will do again in the future!

Thanks!

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