

Art, Artists, and the Spiritual Disciplines: Fasting

Fasting teaches us to deny the self for the sake of the Kingdom of God. Artists tend to practice forms of fasting for the sake of their art. In carving out time to practice art, artists must deny the many demands of other aspects of life in order to bring about something new. Understanding this practice in light of the Kingdom of God is helpful for artists. Also, Christians can learn from artists how to practice fasting more effectively.

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I. The Form of Fasting

A. Forms of Fasting

1. "But this kind does not go out except by prayer and fasting"
2. A Lenten Fast
3. A Sabbath Fast

B. Fasting and Desire

1. Dying to Self
2. Alive in Christ
3. Transforming Desire
4. Habituating Transformation

II. The Starving Artist

A. Fasting for Art's Sake

1. Becoming an Artist
2. The Art Studio

B. Art-Making and Desire

1. Sacrificing Artists for Art's Sake
2. Making Change, Inviting Change
3. The Prophetic Nature of Art
4. Transforming People, Transforming Culture

III. Learning from One Another

A. What Artists Can Learn from Fasting

B. What the Church Can Learn from Artists' Practice

Suggested Readings:

Smith, James K. A. *Desiring the Kingdom*.