

A History of the Apostle's Fast

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Patristic Testimony Concerning the Fast

The fast of the holy Apostles is very ancient, dating back to the first centuries of Christianity. We have the testimony of St. Athanasius the Great, St. Ambrose of Milan, St. Leo the Great and Theodoret of Cyrrhus regarding it. The oldest testimony regarding the Apostles Fast is given to us by St. Athanasius the Great (†373). In his letter to Emperor Constance, in speaking of the persecution by the Arians, he writes: “During the week following Pentecost, the people who observed the fast went out to the cemetery to pray.” “The Lord so ordained it,” says ...

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