

Special Issue

Fasting, Renunciation, and Moderation in Early Christian Thought, Greco-Roman Culture, and the Abrahamic Traditions

Message from the Guest Editor

We invite you to contribute to a Special Issue exploring the intersection of philosophy and theology, focusing on the vital theme of moderation. As societies grapple with turmoil and haste, understanding moderation's role in achieving balance and self-discipline becomes essential. This issue aims to delve into spiritual discipline within Early Christianity, Greco-Roman culture, and the Abrahamic traditions. Moderation, a cornerstone of classical thought, is examined in the context of ascetic practices across these religions. Contributions are welcome on how renunciation of pleasures and simplicity shaped spiritual and intellectual lives in ancient and medieval thought. Particularly, we seek original research on fasting practices in Judaism, Christianity, and Islam, analyzing their connections to Greco-Roman ideals of self-control and spiritual development. We encourage submissions that address both affirming and critical perspectives on fasting traditions, exploring their theoretical dimensions and transformations across cultures.

Guest Editor

Prof. Dr. Catalin-Stefan Popa
School of Advanced Studies, Romanian Academy, 010071 București,
Romania

Deadline for manuscript submissions

1 July 2026



Religions

an Open Access Journal
by MDPI

Impact Factor 0.6
CiteScore 1.3



mdpi.com/si/239527

Religions
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
religions@mdpi.com

[mdpi.com/journal/
religions](https://mdpi.com/journal/religions)





Religions

an Open Access Journal
by MDPI

Impact Factor 0.6
CiteScore 1.3



[mdpi.com/journal/
religions](https://mdpi.com/journal/religions)



About the Journal

Message from the Editorial Board

Fresh developments in the disciplines that consistently make significant contributions to our understanding of religious personality, authority, devotion, and community – disciplines ranging from psychology, sociology, and anthropology to history, art history, philosophy, literary criticism, and political science – fuel general, as well as scholarly, interest in the world's religions.

Religions is inviting innovative and comparative contributions. Please consider Religions as an exceptional, exciting enterprise ready to reward your trust, attention, and participation.

Editors-in-Chief

Prof. Dr. Arndt Büssing

Professorship Quality of Life, Spirituality and Coping, Faculty of Health, Witten/Herdecke University, Gerhard-Kienle-Weg 4, 58313 Herdecke, Germany

Prof. Dr. Klaus Baumann

Caritaswissenschaft und Christliche Sozialarbeit, Theologische Fakultät, Albert-Ludwigs-Universität Freiburg, Platz der Universität 3, D-79098 Freiburg, Germany

Author Benefits

High Visibility:

indexed within Scopus, AHCI (Web of Science), ATLA Religion Database, Religious and Theological Abstracts, and other databases.

Journal Rank:

CiteScore - Q1 (Religious Studies)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 24.5 days after submission; acceptance to publication is undertaken in 4.9 days (median values for papers published in this journal in the second half of 2025).