

A Different Kind of Lenten Fast

**It is a time to FAST from certain things
and to FEAST on others.**

It is a season in which we should...

FAST from judging others; FEAST on Christ dwelling in them.
FAST from emphasis on differences; FEAST on the unity of all life.
FAST from apparent darkness; FEAST on the reality of light.
FAST from thoughts of illness; FEAST on the healing power of God.
FAST from words that pollute; FEAST on phrases that purify.
FAST from discontent; FEAST on gratitude.
FAST from anger; FEAST on patience.
FAST from pessimism; FEAST on optimism.
FAST from worry; FEAST on Divine Order.
FAST from complaining; FEAST on appreciation.
FAST from negatives; FEAST on affirmatives.
FAST from unrelenting pressures; FEAST on unceasing prayer.
FAST from hostility; FEAST on non-resistance.
FAST from bitterness; FEAST on forgiveness.
FAST from self-concern; FEAST on compassion for others.
FAST from personal anxiety; FEAST on eternal truth.
FAST from discouragement; FEAST on hope.
FAST from facts that depress; FEAST on realities that uplift.
FAST from lethargy; FEAST on enthusiasm.
FAST from suspicion; FEAST on truth.
FAST from thoughts that weaken; FEAST on promises that inspire.
FAST from shadows of sorrow; FEAST on the sunlight of serenity.
FAST from idle gossip; FEAST on purposeful silence.