

Fasting and Feasting this Lent

- Fast from judging others; **feast on the 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 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 trust.**
- 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 nonviolence.**
- 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 truths 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.**
- Fast from problems that overwhelm; **feast on prayer that undergirds.**

Walk with us this lent, O Christ; during this season of fasting and feasting, lead us out of error into truth, out of sin into righteousness, out of death into life and make our lives a blessing to everyone we meet for your tender Love's sake. Amen.

