

Fasting and Feasting



Keeping a Holy Lent

Fast from judging others; feast on Christ in them.
Fast from wanting more; feast on being thankful.
Fast from anger; feast on patience.
Fast from worry; feast on trust.
Fast from complaining; feast on enjoyment.
Fast from negatives ; feast on positives.
Fast from stress ; feast on prayer.
Fast from anger ; feast on forgiveness.
Fast from self concern; feast on compassion for others.
Fast from fear; feast on truth.
Fast from discouragement ; feast on hope.
Fast from gossip; feast on silence.
Fast from fighting: feast on peace. Amen

Adapted from a Lenten Prayer
by William Arthur Ward