

LENT: THE FAST AND THE FEAST

Fast from worry; feast on trusting God.

Fast from complaining; feast on appreciation.

Fast from negatives; feast on affirmatives.

Fast from hostility; feast on tenderness.

Fast from unrelenting pressures; feast from unceasing prayer.

Fast from judging others; feast on Christ dwelling in them.

Fast from fear of illness; feast on the healing power of God.

Fast from words that pollute; feast on speech that purifies.

Fast from discontent; feast on gratitude.

Fast from anger; feast on patience.

Fast from personal anxiety; feast on the fullness of truth.

Fast from pessimism; feast on optimism.

Fast from bitterness; feast on forgiveness.

Fast from self-concern; feast on compassion for others.

Fast from discouragement; feast on hope.

Fast from suspicion; feast on truth.

Fast from lethargy and apathy; feast on enthusiasm.

Fast from facts that depress; feast on truths that uplift.

Fast from gossip; feast on purposeful silence.

Fast from problems that overwhelm; feast on prayer that sustains.

Fast from thoughts that weaken; feast on promises that inspire.

Fast from apparent darkness; feast on the reality of light.

Source: adapted and revised from The Anglican Digest

