

FAST LENT

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 pessimism; **Feast on** hope.

Fast from negatives; **Feast on** encouragement.

Fast from bitterness; **Feast on** forgiveness.

Fast from self-concern; **Feast on** compassion.

Fast from suspicion; **Feast on** truth.

Fast from gossip; **Feast on** purposeful silence.

Fast from problems that overwhelm; **Feast on** prayer that sustains.

Fast from anxiety; **Feast on** faith.