

LENT: A SEASON FOR FASTING AND FEASTING

Fast from judging others; *feast on the Christ dwelling within 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 idle gossip; *feast on purposeful silence.*

Gentle God,
during this season of fasting and feasting,
gift us with Your Presence,
so we can be gift to others
in carrying out Your work. Amen.

