

Fasting and Feasting

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Lent is more than a time of fasting,
it can also be a joyous season of feasting.
Lent is a time to fast from certain things
and to feast on others.

It is a season in which we can decide to:

Fast from judging on others; Feast on the Christ indwelling 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 throes of illness; Feast on the healing power of God.
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 Divine order.

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 nonresistance.
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 verities that uplift.

Fast from thoughts that weaken; Feast on promises that inspire.
Fast from idle gossip; Feast on purposeful silence.
Fast from problems that overwhelm; Feast on prayer that undergirds.