

*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 feast on others.*

Fast from judging others

Feast on Christ dwelling in them

Fast from emphasis on differences

Feast on the unity of life

Fast from apparent darkness

Feast on the reality of light

Fast from thoughts of illness

Feast on the healing, power of God

Fast from words that pollute

Feast on words 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 Providence

Fast from complaining

Feast on appreciation

Fast from negatives

Feast on affirmatives

Fast from unrelenting pleasures

Feast on unceasing prayer

Fast from hostility

Feast on peace

Fast from bitterness

Feast on forgiveness

Fast from self-concern

Feast on compassion for others

Fast from personal anxiety

Feast on trust

Fast from discouragement

Feast on hope

Fast from acts that tear down

Feast on acts which build up

Fast from thoughts that weaken

Feast on promises that inspire

Fast from idle gossip

Feast on purposeful silence

Fast from problems which overwhelm

Feast on prayer that undergirds