

## Fasting and Feasting

LENT is more than a time for Fasting, but it is also a season of Feasting. Lent is a time to Fast FROM certain things and to Feast ON others.

So we ask for the grace to:

**Fast** from judging others; *Feast* on generosity of spirit.

**Fast** from emphasizing differences; *Feast* on seeing similarities.

**Fast** from thoughts of illness; *Feast* on the healing power of God.

**Fast** from words that pollute; *Feast* on phrases that encourage

**Fast** from discontent; *Feast* on gratitude.

**Fast** from anger; *Feast* on patience.

**Fast** from complaining; *Feast* on appreciation.

**Fast** from negative comments; *Feast* on affirmations.

**Fast** from unrelenting pressures; *Feast* on restorative leisure

**Fast** from hostility; *Feast* on non-violence.

**Fast** from bitterness; *Feast* on letting go

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

**Fast** from personal worry and anxiety; *Feast* on trusting in God's promises

**Fast** from discouragement; *Feast* on hope.

**Fast** from lethargy; *Feast* on responding to God's call to discipleship.

**Fast** from suspicion; *Feast* on promises that inspire.

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

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