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-nonviolence.

**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