



*Fast from judging others; feast on the Christ indwelling in 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 words that edify.*

*Fast from discontent; feast on gratitude.*

*Fast from anger, feast on patience.*

*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 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.*

*Holy and loving God, during this season of fasting and feasting, gift us with your Presence so we can be a gift to others in carrying out your work. Amen.*