LENT: Fast From; Feast On

- ✞ Fast from judging others; feast on the 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 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 non-resistance.
- ✞ 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 discouragements; feast on hope.
- ✞ Fast from facts that depress; feast on verities that uplift.
- ✞ Fast from lethargy; feast on enthusiasm.
- ✞ Fast from thoughts that weaken; feast on promises that inspire.
- ✞ Fast from shadows of sorrow; feast on the sunlight of serenity.
- ✞ Fast from idle gossip; feast on purposeful silence.
- ✞ Fast from problems that overwhelm; feast on prayer that undergirds.

—William Arthur Ward (American author, teacher and pastor, 1921-1994.)