



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 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 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 personal anxiety; feast on eternal truth.

Fast from discouragement; feast on hope.

Fast from facts that depress; feast on truths that uplift.

Fast from lethargy; feast on enthusiasm.

Fast from suspicious; feast on truth.

Fast from thoughts that weaken; feast on promises that inspire.

Fast from idle gossip; feast on purposeful silence.

Gentle 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.