

# Lenten Resolve

Think in terms of Feasting rather than fasting.  
Lent is a season when we should:

FAST from judging others;  
FEAST on Christ dwelling within them.

FAST from thoughts of ill;  
FEAST on God's healing power.

FAST from thoughts that weaken;  
FEAST on promises that inspire.

FAST from words that criticize;  
FEAST on words that praise.

FAST from worry and problems that overwhelm;  
FEAST on God's loving providence and prayer that sustains..

FAST from idle gossip and suspicion;  
FEAST on silence with a purpose and truth.

FAST from discontent and complaining;  
FEAST on gratitude and appreciation.

FAST from discouragement;  
FEAST on offering hope.

FAST from sorrow and anger;  
FEAST on serenity and patience.

FAST from personal anxiety and bitterness;  
FEAST on eternal truth and forgiveness.

*Let us learn to FEAST rather than to FAST!*

SOURCE: UNKNOWN

