

DISCIPLINES OF TRUE FASTING (Is. 58: 6-7)

Try to practice one of these each day of Lent, there are forty ways to fast and there are forty days Lent, try and see.

Lenten Thoughts on Fasting and Feasting

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| 1) Fast from Grumbling | Feast on Gratefulness |
| 2) Fast from Food | Feast on Scripture |
| 3) Fast from Television | Feast on Holy Cards & Images |
| 4) Fast from Talking | Feast on Listening |
| 5) Fast from Loudness | Feast on Silence |
| 6) Fast from Anger | Feast on Forgiveness |
| 7) Fast from Selfishness | Feast on Generosity |
| 8) Fast from Sadness | Feast on Joyfulness |
| 9) Fast from Complaining | Feast on Thankfulness |
| 10) Fast from Blaming | Feast on Praising |
| 11) Fast from Gossip | Feast on Building Others Up |
| 12) Fast from Arrogance | Feast on Littleness |
| 13) Fast from Day Dreaming | Feast on Prayer |
| 14) Fast from Busyness | Feast on Stillness |
| 15) Fast from Quick Answers | Feast on Pondering |
| 16) Fast from Being First | Feast on Being Last |
| 17) Fast from Being Right | Feast on Being Teachable |
| 18) Fast from Laziness | Feast on Usefulness |
| 19) Fast from Being Cool | Feast on Being Un-Noticed |
| 20) Fast from Judging | Feast on Acceptance |
| 21) Fast from Frustration | Feast on Peacefulness |
| 22) Fast from Words | Feast on The Word |
| 23) Fast from Ugliness | Feast on Beauty |
| 24) Fast from Obligation | Feast on Self-Donation |
| 25) Fast from Dissatisfaction | Feast on Being Satisfied |
| 26) Fast from Rock-n | Feast on Hymns |
| 27) Fast from Your Plan | Feast on God's Plan |
| 28) Fast from Your Purpose | Feast on God's Eternal Purpose |
| 29) Fast from Greed | Feast on Giving |
| 30) Fast from Complexity | Feast on Simplicity |
| 31) Fast from Frowning | Feast on Smiling |
| 32) Fast from Accusing | Feast on Praising |
| 33) Fast from Commenting | Feast on Quietness |
| 34) Fast from Negativity | Feast on Being Positive |
| 35) Fast from Hurting | Feast on Helping |
| 36) Fast from Being Liked | Feast on Being Loved by God |
| 37) Fast from Wishing | Feast on Counting Blessings |
| 38) Fast from Fear | Feast on Courage |
| 39) Fast from Pride | Feast on Humility |
| 40) Fast from Wasting Time | Feast on Giving Time |

True Fasting can also be a time of feasting. Fasting can be a time when you could:

Fast from judging others;
Fast from emphasis on differences;
Fast from apparent darkness
Fast from thoughts of illness;
Fast from words that pollute;
Fast from discontent;
Fast from anger;
Fast from pessimism;
Fast from worry;
Fast from complaining;
Fast from negatives;
Fast from unrelenting pressures;
Fast from hostility;
Fast from bitterness;
Fast from self-concern;
Fast from personal anxiety;
Fast from discouragement;
Fast from facts that depress;
Fast from lethargy;
Fast from suspicion;
Fast from thoughts that weaken;
Fast from shadows of sorrow;
Fast from idle gossip;
Fast from problems that overwhelm;

Feast on Christ dwelling in them.
Feast on the unity of all life.
Feast on the reality of all light.
Feast on the healing power of God.
Feast on phrases that purify.
Feast on gratitude.
Feast on patience.
Feast on optimism.
Feast on God's providence.
Feast on appreciation.
Feast on affirmatives.
Feast on unceasing prayer.
Feast on nonresistance.
Feast on forgiveness.
Feast on compassion for others.
Feast on eternal truth.
Feast on hope.
Feast on verities that uplift.
Feast on enthusiasm.
Feast on truth.
Feast on promises that inspire.
Feast on the sunlight of serenity.
Feast on purposeful silence.
Feast on prayer that sustains.

**Is not this the kind of fasting I have chosen:
to loose the chains of injustice and
untie the cords of the yoke,
to set the oppressed free and break
every yoke?**

- Isaiah 58