

Lent – A Season of Fasting and Feasting

Lent should be more than a time of “fasting”. It could also be a joyful season of “feasting”. Lent is a time to fast from certain thing and to feast on others. It is a season in which we could:

FAST from judging others; FEAST of Christ dwelling within others
FAST from emphasis on differences; FEAST of the unity of all 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 in 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 discouragement; FEAST on hope
FAST from facts that depress; FEAST on planning that uplifts
FAST from lethargy; FEAST on enthusiasm
FAST from suspicion; FEAST on truth

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