

LENTEN FASTING AND FEASTING

Fast from discontent,
feast on gratitude.

Fast from complaining,
feast on appreciation.

Fast from bitterness,
feast on forgiveness.

Fast from self-concern,
feast on compassion for others.

Fast from suspicion,
feast on truth.

Fast from idle gossip,
feast on purposeful silence.

Fast from unrelenting pressures,
feast on unceasing prayer