

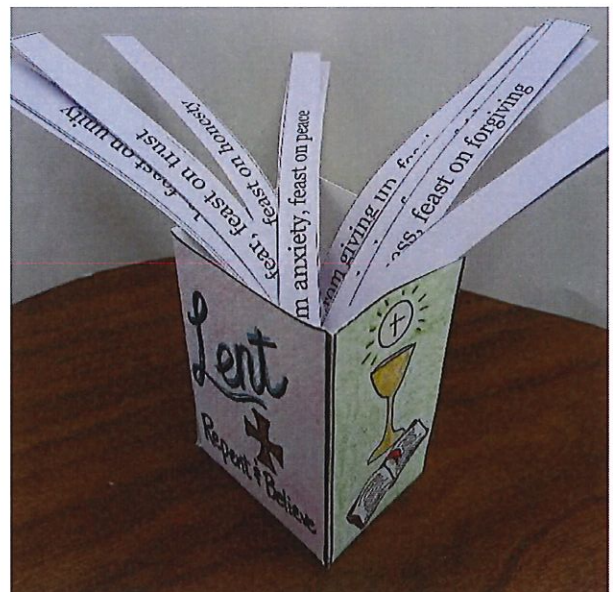
# Fasting & Feasting

## Lenten Craft

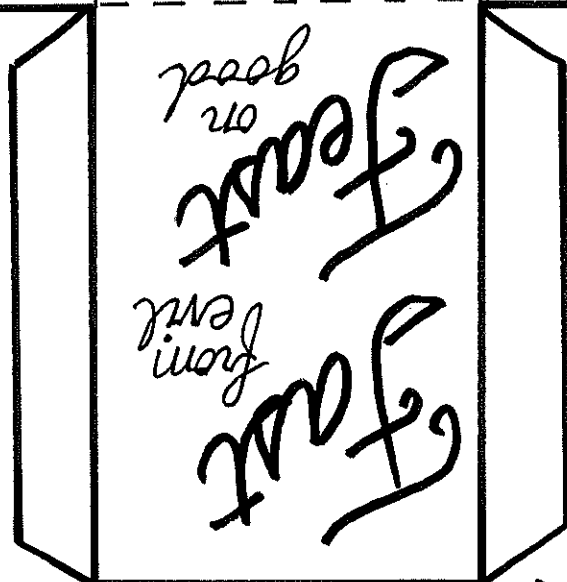
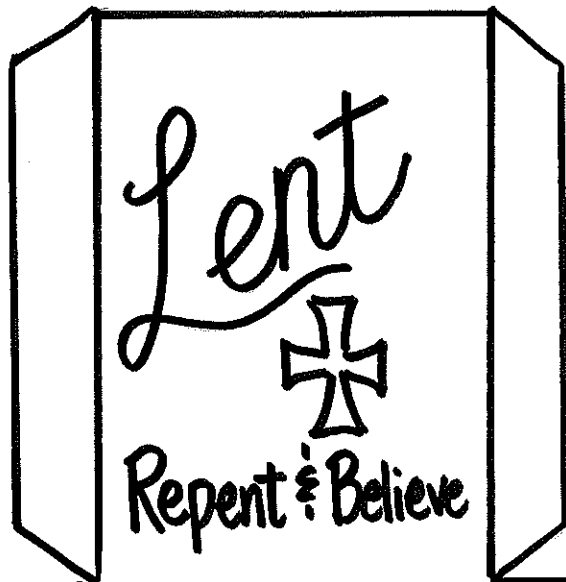
*In addition to the physical fasting we take on during Lent, we can choose to fast from attitudes that harm us or lead us to harm others. When we fast from these vices, we can feast upon the virtues that help us grow in holiness.*

### **Instructions for Craft:**

- 1. Print out the box and strips—on cardstock if you can.*
- 2. Color the box and cut it out.*
- 3. Fold the box on each line (including the dotted lines around the base).*
- 4. Using glue or tape, use the tabs to attach the sides together.*
- 5. Cut out all the strips on the lines and put them into the box*
- 6. Place the box on your table or prayer space, draw one strip out each day to focus on*
- 7. Leave the strips out until you have drawn them all, then put them back in to work on each fasting and feasting again.*
- 8. Add your own strips if you think of other attitudes you want to fast from and feast on*
- 9. Have a great Lent and work hard to grow in holiness!*



fold - glue tabs to form box



tabs to fold & glue to form box

*Cut these strips apart and place them in the "Fast & Feast" box or some other container on your table or at your prayer space. Draw one out each day for your special focus (you can keep each one out of the box until you have drawn them all, then put them all back in the for the next 20 days!)*

Fast from excluding people, feast on unity
Fast from anger, feast on patience
Fast from teasing, feast on giving compliments
Fast from laziness, feast on enthusiasm
Fast from noise, feast on silence
Fast from complaining, feast on gratitude
Fast from bitterness, feast on forgiving
Fast from selfishness, feast on generosity
Fast from judging others, feast on mercy
Fast from lying, feast on honesty
Fast from disrespect, feast on reverence
Fast from gloominess, feast on joy
Fast from doubts, feast on faith
Fast from giving up, feast on hope
Fast from anxiety, feast on peace
Fast from fear, feast on trust
Fast from rationalizing, feast on responsibility
Fast from impurity, feast on purity
Fast from getting attention, feast on listening
Fast from wasting time, feast on serving others