FASTING AND FEASTING

Fast from judging others; feast on Christ within in them.
Fast from emphasis on difference; feast on our bonds.
Fast from fear of illness; feast on the healing power of God.
Fast from apparent darkness; feast on God’s light.

Fast from words that cut down; feast on speech that uplifts.
Fast from gossip; feast on affirmations.

Fast from discontent; feast on gratitude.
Fast from pessimism; Feast on hope.

Fast from anger; feast on patience.
Fast from negatives; feast on encouragement.

Fast from resentment; feast on forgiveness.
Fast from suspicion; feast on truth.

Fast from self-centeredness; feast on compassion.
Fast from complaining; feast on appreciation.

Fast from giving up; feast on enthusiasm.
Fast from the shadows of sorrow; feast on trust in God.

Fast from focusing on problems; feast on unceasing prayer.
Fast from anxiety; feast on faith.