

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.

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