

Fast and feast in Lent

Lent can be more than a time of **fasting**; it can be a season of **feasting**.

We can use Lent to **fast** from certain things and to **feast** on others.

It is a season in which we can:

- **Fast** from judging others; **feast** on the Christ dwelling in them.
- **Fast** from emphasis on differences; **feast** on the unity of 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** on optimism.
- **Fast** from worry; **feast** on prayer.
- **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 discouragements; **feast** on hope.
- **Fast** from facts that depress; **feast** on verities that uplift.
- **Fast** from lethargy; **feast** on enthusiasm.
- **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.
- **Fast** from criticism; **feast** on praise;
- **Fast** from self-pity; **feast** on joy
- **Fast** from ill temper; **feast** on peace
- **Fast** from resentment; **feast** on contentment;
- **Fast** from jealousy; **feast** on humility;
- **Fast** from pride; **feast** on love;
- **Fast** from selfishness; **feast** on service;
- **Fast** from fear; **feast** on faith.