**Fasting and Feasting**

Lent is a time to fast from certain things and to feast on others. It is a season when we:

Fast form judging others; feast on the Christ dwelling in them. Fast from emphasis on differences; feast on the unity of all 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 own gratitude.

Fast from anger; feast on patience.

Fast from pessimism: feast on optimism. Fast from worry; feast on divine order.

Fast from complaining; feast on appreciation.

Fast from negatives; feast on affirmatives.

Fast from unrelenting pressures; feast on unceasing prayers. Fast from hostility; feast on non-resistance.

Fast from bitterness; feast on forgiveness.

Fast from.self-conce rn: feast on compassion for others. Fast from personal anxiety; feast on eternal truth.

Fast from discouragement; feast on hope.

Fast from facts that depress: feast on verities that uplift. Fast from laziness; feast on enthusiasm.

Fast from suspicion; feast on truth.

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 overwhehn; feast on prayer that undergirds. For "Your Father who sees in secret will reward you." (Matthew 6:4)

*Anonymous Anthony* Sylvia Skrepichuk and Michel Cote (Ed .), *We Dare to Say: Praying for Justice and Peace* (Ottawa: Novalis, 200 7), p. 30.

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