

# ***Fast & Feast: A Prayer for Lent***

*The **feast** of the great celebration of Easter is when all is made new, and the comfort that gives us strength during the great 40 day **fast** of Lent.*

**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 divine order.

**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 strengthens.

