



Keeping a Holy Lent

Fast From-Feast On

Mission this week (Don't sin!!)

Lent can be more than a time of fasting. It can also be a joyous season of feasting. Lent is a time to fast from certain things and to feast on others. It is a season to:

- 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].
- Fast from everything that separates us from the Lord; feast on everything that draws us to the Lord

—William Arthur Ward (American author, teacher and pastor, 1921-1994.)