

Fasting and Feasting

By William Arthur Ward

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 Christ living 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 on gratitude.

Fast from anger; feast on patience.

Fast from pessimism; feast on optimism.

Fast from worry; feast on appreciation.

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 hope through Jesus.

Fast from discouragement; feast on hope.

Fast from lethargy; feast on enthusiasm.

Fast from suspicions; feast on truth.

Fast from idle gossip; feast on purposeful silence.

Fast from thoughts of weakness; feast on promises that inspire.

Fast from problems that overwhelm; feast on prayer that undergirds.

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