Feast or Fast—A Lenten Prayer

Lent can be more than a time for 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 in which we might try to:

Fast from judging others
Fast from ill thoughts.
Fast from discontent.
Fast from anger.
Fast from pessimism.

Fast from worry.
Fast from complaining.
Fast from pressure.
Fast from hostility.
Fast from bitterness.

Fast from self-concern.
Fast from discouragement.
Fast from facts that depress.
Fast from suspicion.
Fast from idle gossip.

Fast from seeking understanding.
Fast from self-pity.
Fast from resentment.
Fast from jealousy.
Fast from pride.
Fast from selfishness.

Feast on the Christ dwelling in them.
Feast on the healing power of God.
Feast on gratitude.
Feast on patience.
Feast on optimism.

Feast on divine order.
Feast on appreciation.
Feast on unceasing prayer.
Feast on nonresistance.
Feast on forgiveness.

Feast on compassion for others.
Feast on hope.
Feast on truths that uplift.
Feast on truth.
Feast on purposeful silence.

Feast on mystery.
Feast on joy.
Feast on contentment.
Feast on love.
Feast on humility.
Feast on service.