

Lent is a season that calls us:

to fast from discontent and to feast on gratitude;
to fast from anger and to feast on patience;
to fast from bitterness and to feast on forgiveness;
to fast from self-concern and to feast on compassion;

to fast from discouragement and to feast on hope;
to fast from laziness and to feast on commitment;
to fast from complaining and to feast on acceptance;
to fast from lust and to feast on respect;

to fast from prejudice and to feast on understanding;
to fast from resentment and to feast on reconciliation;
to fast from lies and to feast on the truth;
to fast from wasted time and to feast on honest work;

to fast from grimness and to feast on joy;
to fast from suspicion and to feast on trust;
to fast from idle talk and to feast on prayer and silence;
to fast from guilt and to feast on the mercy of God.

*(Based on a version often attributed to
William Arthur Ward*

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What about trying one – or more - of these:

- Fast from emphasis on difference; feast on the unity of all life.
- Fast from facts that depress; feast on realities that uplift.
- Fast from self concern; feast on compassion for others.

- Fast from lethargy; feast on enthusiasm.
- Fast from unrelenting pressures; feast on unceasing prayer.
- Fast from judging others; feast on Christ dwelling in them.

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Consider fasting from

- speech and conversation that includes violent language; fast from violent movies, videos and TV shows
- swearing, gossip, racist jokes, etc.
- frivolous purchases. Have you looked in your closets, storage room, garage and cupboards lately? Have you collected any things that you were convinced you needed – until you got them home and had second thoughts?
- your favorite shopping store (or mall)
- guzzling gas. Drive the speed limit. Walk or ride your bike when you can.
- instant gratification. Stop a moment to reexamine cravings and hungers, yearnings, compulsions, and impulses.
- the unnecessary noise in your life
- worry. Does it express your desire to exercise power over the outcome of events?
- having the last word. People who always have the last word tend to be people who don't listen enough or who lecture too much.