

Lenten Litany on Fasting and Feasting

Fast from judging others;
Feast on the Christ indwelling 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 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 discouragement;
Feast on hope.

Fast from facts that depress;
Feast on truths that uplift.

Fast from lethargy;
Feast on enthusiasm.

Fast from suspicion;
Feast on truth.

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 undergirds.

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