

HOW TO FAST

Fast from judging others,
Feast on Christ Dwelling in them.

Fast from apparent Darkness;
Feast on the reality of Light.

Fast from Pessimism;
Feast on Optimism.

Fast from thoughts of Illness;
Feast on the healing power of God.

Fast from words that Pollute;
Feast on phrases that Purify.

Fast from Anger;
Feast on Patience.

Fast from Worry;
Feast on divine Providence.

Fast from unrelenting Pressures;
Feast on unceasing Prayer.

Fast from Negatives;
Feast on Positives.

Fast from Complaining;
Feast on Appreciation.

Fast from Hostility;
Feast on Non-Resistance.

Fast from Bitterness;
Feast on Forgiveness.

Fast from Anxiety;
Feast on Hope.

Fast from Yourself;
Feast on a Silent Heart.

(Written by Tim Unsworth, U.S. Parish)

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