

## **FASTING AND FEASTING**

**By William Arthur Ward**

Lent should be more than a time of fasting.  
It should 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 should:

Fast from judging others; feast on the Christ dwelling 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 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 verities 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.