

Litany of Fasting and Feasting

<i>Fast from judging others</i>	<i>Feast on Christ who dwells within them</i>
<i>Fast from emphasis on differences among us</i>	<i>Feast on the Spirit that unites</i>
<i>Fast from words that pollute</i>	<i>Feast on phrases that purify</i>
<i>Fast from discontent</i>	<i>Feast on gratitude</i>
<i>Fast from anger</i>	<i>Feast on patience</i>
<i>Fast from idle gossip</i>	<i>Feast on purposeful silence</i>
<i>Fast from pessimism</i>	<i>Feast on optimism</i>
<i>Fast from worry</i>	<i>Feast on trust</i>
<i>Fast from thoughts of illness</i>	<i>Feast on the healing power of God</i>
<i>Fast from complaining</i>	<i>Feast on appreciation</i>
<i>Fast from negatives</i>	<i>Feast on affirmatives</i>
<i>Fast from personal anxiety</i>	<i>Feast on unceasing prayer</i>
<i>Fast from hostility</i>	<i>Feast on nonviolence</i>
<i>Fast from bitterness</i>	<i>Feast on forgiveness</i>
<i>Fast from self-concern</i>	<i>Feast on compassion for others</i>
<i>Fast from discouragement</i>	<i>Feast on hope</i>
<i>Fast from lethargy</i>	<i>Feast on enthusiasm</i>
<i>Fast from suspicion</i>	<i>Feast on truth</i>
<i>Fast from thoughts that weaken</i>	<i>Feast on promises that inspire</i>
<i>Fast from problems that overwhelm</i>	<i>Feast on prayer that sustains</i>
<i>Fast from the darkness of sin</i>	<i>Feast on the light of Christ</i>

(attributed to William Arthur Ward, 1921-1994, as modified)