

## 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)