

During this season of Lent, as we practice fasting on Ash Wednesday and Good Friday, and fasting from food or things we enjoy, let us think about other ways we can fast this season:

- ✚ Let us fast from negativity....and feast on positive thinking.
- ✚ Let us fast from gossiping....and feast on affirming one another.
- ✚ Let us fast from fear....and feast on trust.
- ✚ Let us fast from guilt....and feast on redemption.
- ✚ Let us fast from holding grudges....and feast on forgiveness.
- ✚ Let us fast from darkness....and feast on God's light.
- ✚ Let us fast from giving up....and feast on dreaming big.
- ✚ Let us fast from self-centeredness....and feast on the needs of others.
- ✚ Let us fast from wasting time....and feast on seizing the day.
- ✚ Let us fast from frowning....and feast on laughter.
- ✚ Let us fast from always "doing"....and feast on really "being."
- ✚ Let us fast from discouragement....and feast on hope.
- ✚ Let us fast from judgement....and feast on acceptance.
- ✚ Let us fast from a half empty glass....and feast on gratitude.
- ✚ Let us fast from missing the big picture....and feast on present moment awareness.
- ✚ Let us fast from counting losses....and feast on abundance.
- ✚ Let us fast from simply "hearing"....and feast on really "listening."

Pause for a moment of silent reflection as you ponder what the Holy Spirit is leading you to "fast from" towards "feasting on."

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