

## A prayer for Lent

### Fasting and Feasting, by William Arthur Ward

Fast from judging others; feast on the Christ dwelling in them. Fast from emphasis on differences; feast on the unity of 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 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 discouragements; feast on hope. Fast from lethargy; feast on enthusiasm.

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 sustains.