



Fasting in Lent

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Lenten Litany on Fasting and Feasting

fast from **judging others**
fast from **emphasis on differences**
fast from **apparent darkness**
fast from **words that pollute**
fast from **discontent**
fast from **anger**
fast from **pessimism**
fast from **worry**
fast from **complaining**
fast from **negatives**
fast from **unrelenting pressures**
fast from **hostility**
fast from **bitterness**
fast from **self-concern**
fast from **personal anxiety**
fast from **discouragement**
fast from **facts that depress**
fast from **lethargy**
fast from **suspicion**
fast from **thoughts that weaken**
fast from **idle gossip**

feast on **the Christ dwelling within them**
feast on **the unity of all life**
feast on **the reality of light**
feast on **phrases that purify**
feast on **gratitude**
feast on **patience**
feast on **optimism**
feast on **trust**
feast on **appreciation**
feast on **affirmatives**
feast on **unceasing prayer**
feast on **nonviolence**
feast on **forgiveness**
feast on **compassion for others**
feast on **eternal truth**
feast on **hope**
feast on **truths that uplift**
feast on **enthusiasm**
feast on **truth**
feast on **promises that inspire**
feast on **purposeful silence**

Prayer

Gentle God, during this season of fasting and feasting,
gift us with Your Presence,
so we can be gift to others in carrying out your work. Amen.

Source: William Arthur Ward, American author, teacher, and pastor 1921-1994