

## FASTING AND FEASTING

Fast from judging others.....	feast on the Christ indwelling them.
Fast from self-concern.....	feast on compassion for others.
Fast from idle gossip.....	feast on purposeful silence.
Fast from emphasis on differences.....	feast on the unity of all life.
Fast from worry.....	feast on divine order.
Fast from complaining.....	feast on appreciation.
Fast from bitterness.....	feast on forgiveness.
Fast from discontent.....	feast on gratitude.
Fast from anger.....	feast on patience.
Fast from discouragement.....	feast on hope.

