



Lenten Fasting and Feasting

Suggested list of things to fast from
and to feast on during Lent:

Fast from gossip;
Feast on the Gospels.

Fast from junk foods;
Feast on the Bread of Life.

Fast from bad news;
Feast on “The Good News.”

Fast from darkness;
Feast on the Light.

Fast from the secular;
Feast on the sacred.

Fast from despair;
Feast on hope.

Fast from revenge;
Feast on forgiveness.

Fast from tears of sorrow;
Feast on tears of joy.

Fast from getting;
Feast on giving.

Fast from complexities;
Feast on simplicities.

Fast from horror;
Feast on humor.

Fast from listlessness;
Feast on laughter.