

Disciplines of True Fasting

(Is 58:6-7)

True fasting can also be a time of feasting. Fasting can be a time when you could:

*FAST from judging others;
FEAST on Christ dwelling in them.*

*FAST from emphasis on differences;
FEAST on the unity of all life.*

*FAST from apparent darkness;
FEAST on the reality of all light.*

*FAST from thoughts of illness;
FEAST on the healing power of God.*

*FAST from words that pollute;
FEAST on phrases that purify.*

*FAST from discontent;
FEAST on gratitude.*

*FAST from anger;
FEAST on patience.*

*FAST from pessimism;
FEAST on optimism.*

*FAST from worry;
FEAST on God's providence.*

*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 nonresistance.*

*FAST from bitterness;
FEAST on forgiveness.*

*FAST from self-concern;
FEAST on compassion for others.*

*FAST from personal anxiety;
FEAST on eternal truth.*

*FAST from discouragement;
FEAST on hope.*

*FAST from facts that depress;
FEAST on verities that uplift.*

*FAST from lethargy;
FEAST on enthusiasm.*

*FAST from suspicion;
FEAST on truth.*

*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.*