



## Fasting and Feasting

*Lent is more than a time of fasting; it is also a season of feasting. Fast from certain ideas, feelings and attitudes that prevent you from developing a closer relationship with Christ. Choose to put your energy into ideas and rituals that prepare you to Feast with Christ on Holy Thursday, Easter Sunday and for all Eternity. It is a season of springtime for the soul.*

Fast from judging others.  
Fast from emphasis on differences.  
Fast from thoughts that kill.  
Fast from words that hurt.  
Fast from discontent.  
Fast from unresolved anger.  
Fast from pessimism.  
Fast from worry.  
Fast from complaining.  
Fast from negatives.  
Fast from hostility.  
Fast from bitterness.  
Fast from self-centeredness.  
Fast from personal anxiety.  
Fast from holding on to resentments.  
Fast from idle gossip.  
Fast from blaming anyone.

Feast on the Christ dwelling within.  
Feast on the sacredness of your gift of life.  
Feast on the healing power of God's grace.  
Feast on gratitude for all the blessings.  
Feast on patience.  
Feast on praise for the beauty of creation.  
Feast on respect for all God's people  
Feast on appreciation of all that is.  
Feast on being positive.  
Feast on the peace of Christ.  
Feast on forgiveness of all offenses. .  
Feast on compassion for others.  
Feast on unconditional love.  
Feast on prayerful hope.  
Feast on truths that liberate and uplift.  
Feast on enthusiasm.  
Feast on restful silence.

***Fast*** With God's grace, and for my own spiritual growth, I will fast from:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

***Feast*** As I prepare for and celebrate Lent, I will to feast on:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Ministry of Mothers Sharing*  
*An outreach ministry of the Sisters of St. Benedict of St. Paul's Monastery*

