

Fast from ... Feast on

William Arthur Ward (1921-1994) an American author, teacher and pastor

Fast from judging others; Feast on the Christ dwelling in them.
 Fast from emphasis on differences; Feast on the unity of life.
 Fast from apparent darkness; Feast on the reality of 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 divine order.
 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 non-resistance.
 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 discouragements; Feast on hope.
 Fast from facts that depress; Feast on verities that uplift.
 Fast from lethargy; Feast on enthusiasm.
 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 [strengthens].

Various Internet Sites
 Accessed 1 March 2017

Prayer, Fasting and Almsgiving in Lent

Prayer for the good of the soul

Fasting for the good of the body

Almsgiving for the good of our neighbor