

The Fast Life

Fast from judging others;
Feast on Christ dwelling in them.
Fast from fear of illness;
Feast on the healing power of God.
Fast from words that pollute;
Feast on speech that purifies.
Fast from discontent;
Feast on gratitude.
Fast from anger;
Feast on patience.
Fast from pessimism;
Feast on hope.
Fast from negatives;
Feast on encouragement.
Fast from bitterness;
Feast on forgiveness.
Fast from self-concern;
Feast on compassion.
Fast from suspicion;
Feast on truth.
Fast from gossip;
Feast on purposeful silence.
Fast from problems that overwhelm;
Feast on prayer that sustains.
Fast from anxiety;
Feast on faith.

-Author Unknown