

# From FASTING to FEASTING

Fast from judging others; **feast on seeing the best in people.**

Fast from emphasis on differences; **feast on the unity of all life.**

Fast from despair; **feast on hope.**

Fast from thoughts of illness; **feast on the healing power of God.**

Fast from words that destroy; **feast on phrases that are encouraging.**

Fast from discontent; **feast on gratitude.**

Fast from anger; **feast on patience.**

Fast from being negative; **feast on being positive.**

Fast from worry; **feast on trust.**

Fast from complaining; **feast on appreciation.**

Fast from hostility; **feast on peacemaking.**

Fast from bitterness; **feast on forgiveness.**

Fast from constant activity; **feast on slowing down.**

Fast from disrespect; **feast on recognizing the sacred in all of life.**

Fast from self-concern; **feast on compassion for others.**

(Adapted from an unknown source)