

Mind Fasting and Soul Feasting.....

- Fast from judging others; Feast on the Christ dwelling within them.
- Fast from emphasis on differences; Feast on the unity of all life.
- Fast from apparent darkness; Feast on the reality of light.
- Fast from idle gossip; Feast on purposeful silence.
- Fast from discontent; Feast on gratitude.
- Fast from anger; Feast on patience.
- Fast from pessimism; Feast on optimism.
- Fast from complaining; Feast on appreciation.
- Fast from negatives; Feast on affirmatives.
- Fast from bitterness; Feast on forgiveness.
- Fast from self-concern; Feast on compassion for others.
- Fast from discouragement; Feast on help.
- 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.