

# Fasting to Feasting

Fast from judging others;  
Feast on God's work in them.

Fast from fear of weakness;  
Feast on the 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.

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