

## 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].

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### 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*