

FASTING & FEASTING

MAR & APR LENT 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			06	07	08	09
			I fast from judging others.	I feast on beholding the Christ in them.	I fast from emphasis on differences	I feast on the oneness of all life.
10	11	12	13	14	15	16
	I fast from apparent darkness.	I feast on the reality of light.	I fast from thoughts of illness.	I feast on the healing power of God.	I fast from words that pollute.	I feast on phrases that purify.
17	18	19	20	21	22	23
	I fast from discontent.	I feast on gratitude.	I fast from anger.	I feast on patience.	I fast from pessimism.	I feast on optimism.
24	25	26	27	28	29	30
	I fast from worry.	I feast on divine order.	I fast from complaining.	I feast on appreciation.	I fast from negatives.	I feast on affirmatives.
31	1	2	3	4	5	6
	I fast from hostility.	I feast on nonresistance.	I fast from bitterness.	I feast on forgiveness.	I fast from self-concern.	I feast on compassion for others.
07	8	9	10	11	12	13
	I fast from anxiety.	I feast on eternal Truth.	I fast from discouragement.	I feast on hope.	I fast from facts that depress.	I feast on thoughts that uplift.
14	15	16	17	18	19	20
	I fast from suspicion.	I feast on Truth.	I fast from shadows of sorrow.	I feast on the serenity of silence.	I fast from the problems that overwhelm.	I feast on the power of prayer.

And now in the silence of prayer, I rest.

Adapted from unity.org *Fasting and Feasting: A Spiritual Practice for Lent 2019* and the writings of William Arthur Ward.