

## HOW TO FAST

Fast from judging others;  
Feast on Christ dwelling in them.

Fast from apparent darkness;  
Feast on the reality of light.

Fast from pessimism;  
Feast on optimism.

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

Fast from words that pollute;  
Feast on phrases that purify.

Fast from anger;  
Feast on patience.

Fast from worry;  
Feast on Divine Providence.

Fast from unrelenting pressure;  
Feast on unceasing prayer.

Fast from negatives;  
Feast on positives.

Fast from complaining;  
Feast on appreciation.

Fast from hostility;  
Feast on non-resistance.

Fast from bitterness;  
Feast on forgiveness.

Fast from anxiety;  
Feast on hope.

Fast from yourself;  
Feast on a silent heart.