



## *Disciplines of True Fasting*

*(Isaiah 58:6-7)*

**True fasting can also be a time of feasting. Fasting can be a time when you can choose to:**

- FAST from judging others;**  
**FEAST on Christ dwelling in them.**
- FAST from apparent darkness;**  
**FEAST on the Light of Christ.**
- FAST from thoughts of illness;**  
**FEAST on the healing power of God.**
- FAST from words that oppress;**  
**FEAST on words that bring Life.**
- FAST from anger;**  
**FEAST on patience.**
- FAST from unbelief;**  
**FEAST on faith in God's Love.**
- FAST from worry;**  
**FEAST on God's providence.**
- FAST from complaining;**  
**FEAST on gratitude.**
- FAST from pride;**  
**FEAST on humility.**
- FAST from negativity;**  
**FEAST on God's Word.**
- FAST from hostility;**  
**FEAST on the peace of Christ.**
- FAST from bitterness;**  
**FEAST on forgiveness.**
- FAST from self-concern;**  
**FEAST on compassion for others.**
- FAST from personal anxiety;**  
**FEAST on trust in God.**
- FAST from discouragement;**  
**FEAST on hope.**
- FAST from thoughts that depress;**  
**FEAST on thoughts that uplift.**
- FAST from sloth;**  
**FEAST on Christ's zeal.**
- FAST from suspicion;**  
**FEAST on Truth.**
- FAST from thoughts that weaken;**  
**FEAST on God's promises.**
- FAST from sadness;**  
**FEAST on the joy of the Lord.**
- FAST from idle gossip;**  
**FEAST on holy silence.**
- FAST from problems that overwhelm;**  
**FEAST on prayer that sustains.**
- FAST from self-will;**  
**FEAST on Christ's passion.**

*"A clean heart create for me, God; renew within me a steadfast spirit."*

*(Psalm 51:5)*