



## *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)*