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)