

Fast from

FAST from self-concern

FAST from discouragement

FAST from laziness

FAST from suspicion

FAST from thoughts that weaken

FAST from complaining

FAST from gossip

FAST from problems that overwhelm you

FAST from criticism

FAST from sorrow

FAST from bad-temper

FAST from holding grudges

FAST from jealousy

FAST from words that tear people down

FAST from selfishness

feast on

FEAST on compassion for others

FEAST on hope

FEAST on enthusiasm

FEAST on truth

FEAST on promises that inspire

FEAST on gratitude

FEAST on purposeful silence

FEAST on prayer that sustains

FEAST on praise

FEAST on joy

FEAST on peace

FEAST on forgiveness

FEAST on love

FEAST on words that build others up

FEAST on service to others



Much is said about fasting and abstaining from certain foods or favorite things during Lent. But Lent is also about fasting from certain attitudes and behaviors that creep into our hearts and minds. So we FAST from those attitudes and behaviors and we FEAST on positive attitudes and behaviors.