

# Declaration of a Holy Fast

As we become marked with the ashes of mortality and repentance, I call you to a holy fast - a holy feast for each day of this Lenten season, one in which we act as ambassadors for Christ, and allow God to work through us in the world.

Fast from worry, and feast on the Word of God.

Fast from complaining, and feast on appreciation.

Fast from negatives, and feast on affirmatives.

Fast from unrelenting pressures, and feast on unceasing prayer.

Fast from hostility, and feast on tenderness.

Fast from bitterness, and feast on forgiveness.

Fast from self-concern, and feast on compassion for others.

Fast from sorrow, and feast on serenity.

Fast from idle gossip, and feast on purposeful silence.

Fast from judging others, and feast on the reflection of God within them.

Fast from emphasis on differences, and feast on the unity of life.

Fast from thoughts of illness, and feast on the healing power of God.

Fast from words that kill spirits, and feast on the phrases that give life.

Fast from discontent, and feast on gratitude.

Fast from anger, and feast on optimism.

Fast from discouragement, and feast on hope.

Fast from lethargy, and feast on enthusiasm.

Fast from suspicion, and feast on truth.

Fast from thoughts that weaken, and feast on promises that inspire.

Fast from problems that overwhelm, and feast on prayer that sustains.