

## LENTEN DIET

Fast from judging others; feast on the presence of God within each person.

Fast from focusing on differences; feast on the unity of all life.

Fast from apparent darkness and gloom; feast on the reality of light and enthusiasm.

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

Fast from discontent; feast on gratitude.

Fast from anger; feast on patience.

Fast from pessimism; feast on optimism

Fast from complaining; feast on appreciation

Fast from negatives; feast on affirmatives

Fast from bitterness; feast on forgiveness

Fast from self-concern; feast on compassion for others.

Fast from discouragement; feast on hope.

Fast from facts that depress; feast on promises that inspire.

Fast from idle gossip; feast on purposeful silence.

Fast from shadows of sorrow; feast on the brilliance of RESURRECTION!!